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What's behind and ahead for the cycle network metroNEWS

Bag debate unwrapped

WASTE

Time to see how well city is fixing 'huge problem,' says councillor



Helen Pike Metro | Calgary

After years of blowing in the wind over single-use plastic bags, one councillor is ready to recycle the issue.

On Wednesday, Diane Colley-Urquhart directed administration to look into how successfully businesses are disincentivizing the use of plastic bags. She's called the bags a "huge problem."

"My ultimate goal is to see if Calgarians have moved on this — if this is something they want us to address and regulate in a more intentional way," said Colley-Urquhart. "It's up to me as a politician to be a catalyst to this debate."

Kendra Hart, assistant professor of marketing at Mount Royal University, said it's tough to convince people to break habits overnight. She's an expert in consumer behaviour and said stores have already made changes across the board to plastic bag use, but it's not uniform.

"Where you start to get pushback is from the inconvenience factor. People don't like the idea of governments telling them what to do; people don't like their routines disrupted," said Hart. It's all about making the move to cloth bags convenient in the beginning, so consumers are willing to get behind the movement.

Calgary has long discussed regulating single-use plastic bags. The issue was brought up in 2009, which ultimately failed to yield a full ban. Calgary still wasn't interested in 2012, when Toronto banned shopping bags.





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WAYS THE ALBERTA GOVERNMENT IS TACKLING THE OPIOID CRISIS

As fentanyl continues to loom in Alberta, Metro asked the government what it has done to address the province's opioid crisis. From Jan. 1 to March 31, 69 people died as a result of fentanyl-related complications, and 395 were hospitalized by poisoning from other opioids, including fentanyl.





Detox beds

The government has opened or announced about 50 new detox beds in Alberta's communities. Of that number, there are 18 new detox beds in Medicine Hat, three new beds for children under the Protection of Children Abusing Drugs Act in Calgary, 20 beds for adults in Red Deer, and six to eight new beds in Lethbridge.



Naloxone kits

The government said 171 of 1773 naloxone kits dispensed by the Alberta Community Coalition on HIV have been reported to reverse overdoses. This spring, the NDP has also tripled the province's supply of naloxone kits from 3,000 to 9,000. There are now more than 800 locations, including 660 pharmacies and 70 walkin clinics, that offer the kits.

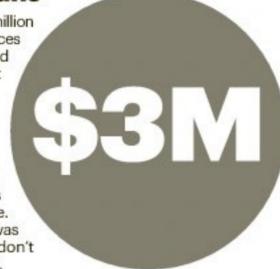


Law enforcement and data collection

In the government's budget, the NDP announced a \$2.6-million funding increase for the Alberta Law Enforcement Response Teams (ALERT), bringing the total investment to \$29.1 million. ALERT has since made several seizures of fentanyl and opioid precursors, which includes a 2,000-pill bust in Edmonton in early June. The government has also increased data collection measures, by deploying a Justice staff member and assigning someone as a director, to potentially help with prevention efforts.

Opioid dependency treatment plans

The government gave a \$3-million grant to Alberta Health Services this spring so that more opioid replacement treatment clinics can be opened across the province. On May 24, a clinic in Cardston was opened to serve the high needs in the area, including the Kainai Nation, where an estimated 350 patients will be accessing suboxone. A clinic in Fort McMurray was also included so patients don't have to travel to Edmonton.





Prevention and public awareness

The government provided Proceeds of Crime grants, totalling \$240,000 for 17 projects, to police and community partners to raise awareness about fentanyl and other drugs. Projects include school and community programs, film projects, training criminal analysts and pubic campaigns implemented by AHS. Alberta Health also funded AHS with an additional \$100,000 for additional campaigns.

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Calgary | metr

NEWS Thursday, June 23, 2016

Mayor floats Alberta Olympics

I think that opens

possibilities.

Mayor Don Iveson

ATHLETICS

Edmonton's Don Iveson suggests 2026 bid as a region



Edmonton mayor Don Iveson floated the idea of a regional bid on the 2026 Winter Olympics at a press conference Tuesday.

Iveson was referring to the International Olympic Committee's relaxed requirements known as Agenda 2020.

The plans allow for regional bids - something that was discouraged in the past.

"I think that opens up some intriguing possibilities about maybe an Alberta Games, as opposed to it be-

ing just one city," he said.

Iveson was speaking about how a potential up some intriguing same year. Calgary Olympic bid could derail Edmonton's preliminary plans

to bid on the Commonwealth Games in 2026.

Edmonton's mayor doesn't

believe the province would allow both cities to host international events in the

Cheryl Oxford, media-relations manager for Iveson, said he sent

a text to Calgary Mayor Naheed Nenshi on Monday night sug-

gesting they discuss the matter.

"He reached out knowing what had occurred at council in Calgary and said, 'We should chat,' because ultimately, there will be a chance to discuss ... what international events Alberta would like to pursue."

Oxford added it's much too early to really be talking about

Officials with the Calgary Sport Tourism Authority (CSTA),

the group behind the bid exploration process, declined to comment on Iveson's remarks.

However, in a media scrum after Monday's city-council meeting, CSTA chair Doug Mitchell answered a reporter's question about including Edmonton in a possible bid.

"I've heard it suggested, but we've never had any serious talks with them," he said. WITH FILES FROM RYAN TUMILTY/METRO

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Halifax's swing fix may not work here

I'm sympathetic

to both sides

right now.

Coun. Gian-Carlo Carra

The issue of swings in public places played out in another Canadian city two years ago, and in that case council decided to swing another way on the issue.

The issue arose in Calgary after a Bridgeland family was told they had to remove a swing on a tree in front of their house after the

city received an anonymous complaint. Bylaws prohibit attaching anything to public trees.

Haligonian Adam Hayter was part of a group of people in Halifax

who secretly hung 12 red swings in public green spaces early one summer morning in 2014.

"The idea was around creating projects that could be delivered in one day that delivered public benefit," said Hayter.

People started using them. So when the city announced it would remove them due to liability issues, a firestorm erupted on Twitter.

"Red Swing Halifax was a top trending tweet across Canada for 24 hours," said Hayter.

At the last minute, Halifax sent some employees out to inspect the swings and OK'd them.

"They just bring a lot of joy and happiness," said Hayter. "There's a few swings where

they're set up close to a high school and they're getting prom pictures taken there."

Ward 9 Coun. Gian-Carlo Carra said he didn't have all the de-

tails on the issue in Bridgeland. "If you're talking about East Coast trees - that's serious hardwood. We don't have the same kids of trees here, and our trees

are a lot more delicate," he said. Carra said he supports urban forestry's strong defence of public trees, while remaining open to "doing cool things" with trees.

"I'm sympathetic to both sides right now."





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Calgary | metr@NEWS Thursday, June 23, 2016

Release dental report: Liberal leader

Province spent months seeking the practice in the province. savings, has yet to share review



The government still hasn't pro-

vided an update on how it plans to help reduce dental fees, after spending nearly a year reviewing

On Monday, Liberal Leader Dr. David Swann held a roundtable discussion with dentists, outlining their frustrations with what he says is the Alberta Dental Association and College's (ADAC) stringent advertising rules.

He said it's about time the government releases its review to the public, after he said Health Minister Sarah Hoffman sought his input about splitting the ADAC into two separate groups. The college, Swann said, would act like a regulator, while the association would act like a union.

Hoffman, who has the authority to split ADAC in two, said the dental health review will be made public later this year.

She said the government wants to see reduced dental fees and coverage for all Albertans.

"Access to affordable dental



The NDP has been drilling into COSTS. THE CANADIAN PRESS FILE

care is an ongoing challenge also related to the fact that, de-

pending on the procedure, Albertans can pay substantially more than our neighbours in B.C. or Saskatchewan do," she said.

According to Swann, a reduction in fees may also be achieved by splitting ADAC so that members could push for favourable advertising standards without repercussions.

In March, a group of Alberta dentists filed a lawsuit against ADAC for what they claim are onerous advertising restrictions.

ADAC has denied the allegations and will contest them in court.

"Dentists are able to advertise anything they want, as long as it's not misleading," said Dr. Harry Ames, membership co-ordinator with ADAC, in March.

But Swann said some dental members told him ADAC's "not misleading" assertion allows for much grey area, as dentists have been fined more than \$100,000 for what he said ADAC considers false advertising.



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Ward 7 Coun. Druh Farrell said she has been the victim of threats and takes them very seriously. METRO FILE

A call to protect women in politics



Lucie Edwardson Metro | Calgary

The Alberta Federation of Labour (AFL) is calling for law enforcement to step in and deal with what they call ugly and dangerous rhetoric directed at women in politics.

AFL president Gill McGowan said incidents like last weekend in Brooks, when golfers took aim at a target of Premier Rachel Notley's head, are just the tip of the iceberg.

"What we're seeing is a dramatic erosion of civility in political discourse and a rise in political hate speech, particularly targeted at women," he said. "In the Brooks case, they may not have crossed the line but they certainly flirted with it."

Calgary city councillor Druh Farrell said it's a real problem of which she's been a victim.

"It's often more sexual in nature and threatening," she said. "Depending on the issue — the Peace Bridge for example things got pretty scary."

Conservative MLA Michelle

Remple said she's also been targeted.

"I actually had to go to court and somebody was actually convicted of criminal harassment," she said. "I've been through this, and it's something I take very seriously."

McGowan said when nothing is done, the "toxic rhetoric becomes normalized" and "violent speech can become violent acts."

Farrell said both she and her staff take all threats against her very seriously and report them to corporate security as well as to the social-media platform.

"The anonymity of social media has led to people saying things they usually wouldn't say to your face, but that kind of behaviour should never be normalized," she said.

Farrell said she calls it out when she sees it happening to other women as well.

"We have an obligation to each other," she said.

Calgary police Sgt. Eric Levesque said although these threats might not be considered hate crimes, they can still be criminal in nature.



10 years of helping student success

Each year, the SAIT School of Transportation golf tournament raises funds to create a student award that will benefit a School of Transportation student — and this year marks the 10th anniversary of this event.

"The golf tournament brings the SAIT community and our industry partners together; everyone who supports the School of Transportation and our students," says Brian Moukperian, dean, School of Transportation, SAIT. "In ten years we have created ten new awards benefiting students in seven School of Transportation programs."

These awards support students financially to help them succeed and achieve their goals.

Students who are recognized through these awards are chosen based on certain criteria that could include academic success, community involvement, financial need, etc.

Moukperian says with the help of the tournament sponsors, these awards are possible.

"With their direct support, we are able to host the golf tournament and the additional proceeds from sponsors raise additional funds for the student awards," says Moukperian.

And it is with many thanks that the School of Transportation would like to thank each one of their sponsors who help build brighter futures for so many students through their 10 years of generous support of the annual golf tournament.

Proceeds from this year's tournament will go towards the David Richardson Memorial Award in support of a Business Administration — Automotive Management student.

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Thursday, June 23, 2016 Calgary Metr

NEWS

Kids need safer X-rays: Family

HEALTH

Daughter may not have been fully shielded during scan



Jeremy Simes For Metro | Calgary

The Millers are calling for better children's X-ray procedures, after Freedom of Information documents revealed a doctor at the Alberta Children's Hospital may have botched an X-ray of their 12-year-old daughter.

Though Alberta Health Services (AHS) has cleared the doctor in question after conducting its investigation, emails between AHS staff—that were sent prior to the complaint—suggest the doctor didn't properly shield the girl's pelvis from X-ray radiation.

X-rays show the child's ovaries were missed.

S. Miller, who was nearby during the shielding procedure and has requested her first name remain anonymous, said her daughter was told to stand dur-



A doctor at the Alberta Children's Hospital was investigated over an X-ray procedure she provided to a girl. JENNIFER FRIESEN/FOR METRO

ing the X-ray.

The email — which was sent from an AHS executive to the Director of Diagnostic Imaging at the Children's — said it's essentially impossible to protect ovaries when a patient is standing.

"Didn't know the (girl's procedure) was done standing," The AHS executive wrote. "Protecting the ovaries while getting the patient standing is next to impossible."

Alberta Health Services has since defended its X-ray procedures — the health authority said the radiation was "far too low" to harm patients.

"AHS treats patient safety as a top priority. It follows national best-practice standards for all diagnostic imaging testing to ensure patient and staff safety," the organization said in a statement.

"AHS is fully compliant with all provincial and national regulatory and legislative requirements related to radiation safety."

AHS's policy states girls with congenital dislocated hips are to be shielded on all exams except for the initial test. However, Health Canada's safety code says it's particularly important that "special effort be made to protect the blood forming organs, gonads and thyroids of children."

According to the safety code, gonad shields are strongly advised when the gonads lie within, or are in close proximity to, the X-ray beam, the patient is of

reproductive age and clinical objectives won't be compromised.

Kathy Hilsenteger, CEO and registrar with the Alberta College of Medical Diagnostic and Thera-

peutic Technologies, said clinical judgement is always used when doctors shield patients.

Though she couldn't say whether shielding while standing up or sitting is preferred, she said doctors don't shield during the initial test because they want to see all of the anatomy to rule out anything abnormal.

If the patient requires a second X-ray later in life, doctors would be able to look at the initial scan to determine if abnormalities were present, Hilsenteger added.

In interview transcripts, the doctor said she chose to shield the little girl to "appease" her.

The doctor said gonad shields have always been taped on top of gowns and that she has never taped it to children's skin.

"It was not (an) ideal placement, by any means, once she moved and the images were

You have trust

they're doing a

competent job.

S. Miller

taken. So I assumed the mother would be unhappy with it," the doctor in question said in the interview with investigators. "I just tried to explain to her

that we work in X-ray all the time, that it's considered very safe. We use really low dose."

But Miller said she thinks AHS doctors should properly shield gonads so that the slightest chance of potential child-bearing problems aren't compromised in the future.

"Safety is important," she said.

"You have trust they're doing a
competent job and not doing it
to appease you."

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Society for the Advocacy of Safer Spaces founder Sarah Adams said city venues need to up their game, HELEN PIKE/METRO

SASS-ing up nightlife

ADVOCACY

Group guides bars and clubs in serving up patron safety



Helen Pike Metro | Calgary

You're out for a night of dancing with some girlfriends, and after a few drinks gather the courage to hit the floor — when suddenly, it's that guy.

You know the one. He's dancing with you and you're moving away, telling him no thanks, but he won't let up.

That's where the Society for the Advocacy of Safer Spaces (SASS) comes in. It's a group created by Sarah Adams and Veronica Lawrence to make Calgary's nightlife safer for all groups.

"It's unacceptable, speaking from a woman's perspective, we have to live in this other reality where just have to watch our backs constantly, or watch our drinks constantly," said Adams.

Her group has been established to help bars and clubs give patrons a good time while living up to standards and bestpractices to offer safer spaces and accountability.

"A lot of venues will say 'of course we take this seriously' but do patrons know that?" Adams said. "Going into a venue, it makes such a difference to know that the management and staff are committed to ensuring their space is a safer space. A space where no one is going to get their ass grabbed, no one's going to be called a horrible name for their sexual preferences."

Paul Brooks, a manager at the

Hifi Club, is one of the first bars to take the pledge. He said this has been an age-old conversation, but has been brought to the forefront again because of the Orlando shooting.

"You see the same stuff across the board, you see women and other vulnerable groups being interrupted in having a good time when they're out and often support isn't in place for them to feel safe at an establishment," Brooks said. "I want everybody to feel safe and excited to go out to the bar, and I think a lot of people, especially women and other vulnerable groups are put off."

The group has developed a program with guidelines for Calgary's establishments in conjunction with the Calgary Sexual Health Centre, who will be facilitating workshops to guide staff through how to react and what to do in nightlife situations. Then, SASS will audit the bar or establishment and if all goes well venues in Calgary will get golden seals of approval for their efforts to create a "safer space."

"It's really about everybody taking personal responsibility for what happens in their spaces and if you're a patron knowing how to be an active bystander... knowing how to listen, knowing what to do with disclosure," said Adams.

Brooks said it's all about empowering staff to make the Hifi Club an even safer and more inclusive space.

"Most bystanders, be it staff, or just people at a club, don't know how to react or support somebody if they see an instance of discrimination... or if they see someone get assaulted... we're going to start having these conversations," said Brooks.

FORT MCMURRAY

Council passes pay hike for fire recovery

Councillors from a northeastern Alberta municipality severely damaged by a huge forest fire have voted themselves a hefty raise.

The Rural Municipality of Wood Buffalo includes the city of Fort McMurray, which saw over 80,000 residents flee from a massive wildfire seven weeks ago.

Council voted Tuesday night to pay three members and Mayor Melissa Blake \$150,000 a year to work full time on a recovery committee. The other seven councillors, considered part time, will see their pay rise to \$75,000 a year from \$36,000.

Councillors on the recovery committee are Keith McGrath, Sheldon Germain, Allan Vinni and the mayor.

The bylaw passed 7-4, with Blake and councillors Jane Stroud, Phil Meagher and Tyran Ault opposed. Blake, Stroud and Ault said they will not take the salary increase. The bylaw states committee members who are also councillors "shall devote their effort and attention to the work of the committee as they would to a full-time job, and thus shall take steps to reduce their time commitment to their other business interests or employment as may be required in order to devote such level of effort and attention to their committee duties for so long as the post-wildfire recovery period lasts."

It says the other councillors "will be required to devote an increased level of effort and attention to their council duties and activities since the normal council and council committee work will continue."

The committee begins work Wednesday. Six members of the public are to be appointed following a selection process. Once all members have been chosen, a chair and vice-chair will be selected. THE CANADIAN PRESS



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10 Calgary metr

NEWS



Calgary's downtown cycle track pilot has pedaled past the one-year mark, and still has some time to go before being debated by council. HELEN PIKE/METRO

Cycle track pilot project nears end

NFRASTRUCTURE

Administration to present report to council in December



Helen Pike Metro | Calgary

Administration is sprinting toward the downtown cycle track pilot's final months as the project laps on a year.

On Jan. 18, 2015, the city installed temporary barriers, painted lines, switched up traffic signals and opened the long-contested, and -awaited, cycle track pilot early at \$5.75 million — which was under the \$7.1-million budget.

The pilot is slated for a total of 18 months, so, as the 12-month mark has come and gone there are some things the city needs to accomplish before presenting results to council.

"We've been collecting along the way, but we're going to be doing one more final data collection this upcoming September," said Katherine Glowacz, spokeswoman with the City of Calgary.

"We'll see how the tracks are performing in relation to the baselines."

Once data collection is complete, administration has until December to create a report, which will be presented to council.

What's more, Glowacz said they will also be embarking on a "safety review" of the tracks — which wasn't a requirement for the pilot, but something that the transportation department does for most of their projects.

"It will be an opportunity to look at the potential changes that could be addressed and we're getting feedback from both internal and external groups as well," Glowacz said.

"We'll have the number of collisions and the rate of collisions as well."

Part of the baseline reporting, which came in September 2014, will help create data for storeowners about their customer base.

These numbers exist in other jurisdictions with cycling infrastructure, like Vancouver and Toronto, and serve to show how customers arrive at the storefront, and what the storeowners' perceptions are about their client's transportation modes.

"It's important, we want to be able to evaluate the impact to businesses, and we're doing that through intercept services with both pedestrians along the routes, and merchants along the routes," Glowacz said.

First-year accomplishments

770,393

The number of total trips counted in three middle locations from June 18, 2015 to June 18, 2016. In winter, the city saw 158,400 trips between November 2015 and March 1.811

The number of messages received by 311 regarding the pilot project. The city said a high percentage are positive – although before and during the first few weeks they had some negative feedback.

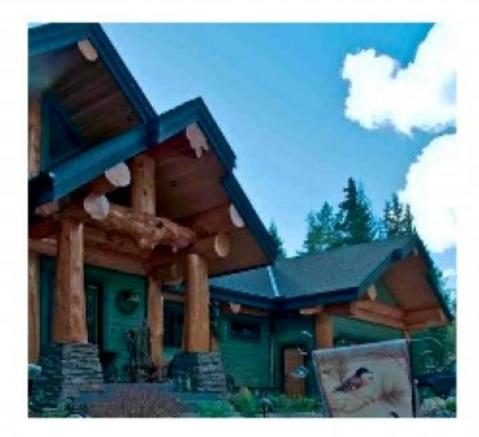
130

The number of net new parking stalls downtown since the cycle track was put in. Although there have been concerns about parking downtown, the city has upped parking stalls in the core.



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if you plan your trip right, indulge in Rootstock, the meadery's field-to-table festival of food and drink, also taking place on Aug. 13.

backtonatureretreat.com fallentimbermeadery.ca

Peace River Cabins

Most folks wouldn't put the words "mighty" and
"peace" together but they fit perfectly when
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peacerivercanada.com

Bar Diamond Guest Ranch

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bardiamondguestranch.ca

Aspen Crossing

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A short drive southeast of Calgary, just west of
Mossleigh on Hwy 24 is a delightful train-themed
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beautifully appointed cabin is one thing, but when it
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deck, gas barbecue and fire pit. Inside is total luxury.



Stroll over to the restored Pullman dining car for dinner. Pick up a souvenir at the gift shop and try not to spend all your money in the glorious garden centre. aspencrossing.com

Aurum Lodge

About 45 km west of Nordegg is one of the province's best known ecotourism destinations. Aurum Lodge overlooks the pristine waters of Abraham Lake and provides a spectacular wilderness experience. The property is perfectly situated to explore Bighorn Country and Banff and Jasper national parks. Make it a long weekend – there's a two-night minimum. Come back in winter and take a photography workshop to learn how to capture the suspended methane bubbles just beneath the surface of the frozen lake.

aurumlodge.com

Mount Engadine Lodge

In the heart of Kananaskis Country is local favourite, Mount Engadine Lodge – an inviting, intimate retreat an hour west of Calgary that accommodates no more than 19 guests at a time. If there's no room at the inn, see if you can book the yurt, high style comfort camping – where pets are welcome. Or just come for high tea between 2 and 5 p.m. Not your run-of-the-mill high tea, either: charcuterie of local meats and cheeses, as well as freshly baked treats, seasonal fruits and excellent coffee from a local Canmore roastery. Put your feet up on the porch and watch for wildlife wandering through the aptly-named Moose Meadows.

mountengadine.com

Want some more ideas? Find plenty of ways to grab summer at **travelalberta.com**.



POLICE

Suspended officer appealing termination



Lucie Edwardson Metro | Calgary

A Calgary police officer who was paid \$800,000 over nearly eight years while suspended from the force — and who was recently terminated — is appealing the decision in front of the Law Enforcement Review Board Thursday.

Sgt. Anthony Braile was sus-

pended with pay in December 2008 after an investigation into professional misconduct was launched against him.

Mike Lomore, vice-president of the Calgary police union said if Braile wins his appeal, it'd be the first time his memory that an officer was reinstated after being inactive for so long.

"I can't think of one that has been off work, first suspended with pay and now terminated, for such a lengthy period of time," he said. Lomore said if the appellate court finds Braile not guilty he would be reinstated and retrained in policy and procedure, and re-qualify for handgun, driving and subject control techniques.

"It's extreme, but it's not near as extreme as being a new recruit," he said.

Braile was a District 2 supervisor when a he was involved in a high-speed chase of a suspected drunk driver. The chase reached speeds of 145 km/h at some points — but Braile was never supposed to pursue.

A criminal prosecution resulted, with Braile ultimately pleading guilty to a charge of careless driving under the Traffic Safety Act (TSA).

Braile was also charged last week in another criminal matter. Lomore said that case will have no impact on this appeal, but said if he wins the appeal "he could be suspended with pay or without pay immediately."



Mable is thankfully outside the cruiser, which is steadily getting hotter, despite the windows being down. AARON CHATHA/METRO

High temps fatal to Fido

PET SAFETY

Officials stress the dangers of leaving dogs in hot vehicles



Aaron Chatha Metro | Calgary

Dogs don't do well alone in a hot car.

It's seems like a pretty obvious piece of advice, but the Calgary Humane Society said it's still happening far too often.

Like this year's un-seasonably warm temperatures, officer calls to save Fido from the back seat heat are on the rise.

Officials say anyone who sees an animal in a car should call bylaw services, and not necessarily break the window themselves.

"By virtue of my position I can't encourage vigilantism," said Calgary Humane Society investigator Brad Nichols. "Having said that, I've been involved in situation where by the time I arrived, the animal's been removed from the situation by

a concerned citizen, who has saved the animal's life."

To demonstrate just how hot a car can get, representatives from Calgary police, Calgary fire and the Humane Society spent just 10 minutes in a car, in the same conditions a dog left alone would be.

One car was left with the windows down, and in just 10 minutes the temperature went up 3.7 degrees. Not huge, though given an hour or two, it would keep rising.

Even worse, officials were left in a car where the A/C failed after the first two minutes — temperatures rose 9.4 degrees very quickly.

Finally, Calgary fire officials sat in a hot car that was parked in the shade, which rose almost 10 degrees in 10 minutes.

The point of the exercise was to dispel common myths, that under certain conditions dogs will be fine in the car.

Given a half hour, an hour or more, temperatures rise considerably. Veterinarian Dr. Margaret Doyle said dogs don't sweat like humans, and in heat their skin breaks down. They panic, and by the time they pass out from the heat, it's usually too late to save them from organ failure or death.



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BOW YALLEY





Rescue flight departs with two sick workers

SOUTH POLE

Twin Otter plane owned by Calgary's Kenn Borek

A Canadian-owned Twin Otter turboprop plane left the South Pole on Wednesday with two sick workers in a rescue mission from a remote U.S. science outpost, federal officials said.

In an international effort, the plane has completed the approximately 2,400-kilometre leg to Rothera, a British station on the Antarctic peninsula, said Peter West, spokesman for the National Science Foundation, which runs the polar station for the United States.

The Twin Otter is owned by Calgary-based Kenn Borek Air.

It was a nine to 10-hour flight, which the crew made from Rothera on Tuesday to get to the South Pole.

West said earlier on Wed-



A small plane picks up a sick worker at the U.S. South Pole National Science Foundation station. ROBERT SCHWARZ/NSF VIA THE ASSOCIATED PRESS

nesday, while the plane was still in the air, that the flight was perilous. "It's cold. It's very dark. It's Antarctica, so they're crossing a huge and empty territory. Antarctica itself is the size of the U.S. and Mexico combined, so there are many factors that they're dealing with," West said.

Once the sick patients and

the crew — a pilot, co-pilot, flight engineer and medical worker - rest, they are to leave Antarctica for medical attention that could not be provided on the remote continent.

West said two support crew being airlifted out are employed by logistics contractor Lockheed Martin. The foundation, citing medical privacy, won't identify the sick workers or their conditions.

Normally planes don't use the polar outpost from February to October because of the dangers of flying in the pitch dark and cold. It was -60 C on Wednesday at the South Pole, according to the station's webcam and weather gauges. THE CANADIAN PRESS

Earls says Canadian beef back on menu

Earls restaurant chain says Canadian beef is back in all of its Alberta and Saskatchewan outlets after an outcry from consumers.

The Vancouver-based company said Wednesday that it has supplier deals with Canadian ranchers who raise cattle without antibiotics, steroids, or added hormones and who are regularly audited for animal welfare.

In April, Earls announced it would be sourcing all of its beef from a U.S. supplier that

had a Certified Humane designation because there wasn't a supplier in Canada who could provide that.

But the move prompted online threats to boycott the chain and had the company quickly backtracking.

"Earls has been through a bit of a roller-coaster for the last little while," company president Mo Jessa told a news conference.

"We've had to listen to our consumers."

THE CANADIAN PRESS



MISSING COUPLE CASE

Crown argues enough to convict Travis Vader

A judge has been asked to connect the dots and convict the man accused of killing an Alberta couple.

The Crown lacks what are normally crucial pieces of evidence such as the bodies of the victims or what may have been used to kill Lyle and Marie McCann. But prosecutor Ashley Finlayson summed

up his case Wednesday by repeatedly asking Justice Denny Thomas to "consider the totality of the evidence."

Travis Vader, 44, has pleaded not guilty to first-degree murder in the deaths of the greatgrandparents, who were in their late 70s when they vanished while on their way to a family camping trip in 2010. THE CANADIAN PRESS

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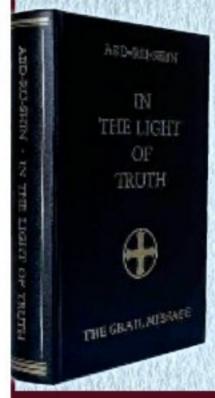
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Don't many of us find ourselves asking the above question reflexively, triggered by any number of factors - job loss, ill health, death of loved ones, relationship difficulties and any one of thousands of human heart griefs? Faced with adverse circumstances or conditions we often rebel, wishing the conditions away. But, is there a different question we should be asking? The question that opens us up to the seeds for our inner spiritual development present in all conditions? The question that if we summon the courage to ask, and then, listen, opens up for us pathways to such heights of insights that permit recognition of the gifts being offered us through all conditions and circumstances? A question that allows us in time to see how every condition holds within it the expressions of the love and goodness of the Source of All Life! The speaker will share insights on this practical question derived from his experiences with the work, 'In the Light of Truth", the Grail Message.

DATE: Saturday, July 30, 2016 PLACE/VENUE: Canadian Room, Sheraton Cavalier Calgary Hotel, 2620 32 Ave NE, Calgary, AB TIME: 1:00pm - 3:00pm PARKING & ADMISSION: FREE

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Refugees still facing delays, sponsors say

SYRIAN CRISIS

500 families, 2,900 people, still wait to come to Canada

In January, Canadian officials matched Sarah Crawford and her sponsorship group with a Syrian family in Turkey and told them the refugees could be here in as soon as four weeks.

The group spent thousands of dollars renting a bungalow near Victoria Park Avenue and Ellesmere Road that sat empty for four months before the family of six finally arrived on June 1 from Istanbul.

Despite the long wait and wasted rent money, Crawford's group, Rise Again, from Rosedale United Church, is actually one of the lucky ones. Hundreds of other groups are still waiting for their families to arrive.

According to Canada for Refu-



Syrian refugee children look out from their tent at a camp in Sidon, Lebanon on May 3, 2016. THE ASSOCIATED PRESS

gees, a coalition of community sponsorship groups, some 2,900 refugees, or about 500 families, who have been fully approved and are ready to travel are stuck in limbo.

"We are asking the Canadian government to arrange charter flights to get these approved families to Canada quickly," said Doug Earl, of Canada for Refugees. "The refugees are in very precarious situations in the Middle East, and there are many citizen sponsorship groups here

in Canada waiting to welcome them."

On May 9, Ottawa dispatched 40 additional staff to the Middle East to process Syrian refugee sponsorship applications, in response to a public outcry over processing delays after the government met its target of resettling 25,000 Syrians refugees by the end of February.

The latest revelation of delays came just as the government wrapped up a six-week "blitz" in which officials completed 6,100 refugee interviews.

According to Immigration, Refugees and Citizenship Canada, these individuals and families will continue through the screening process, including full health and security checks. It will be another three to six months before they arrive.

"While it is important to prepare for the arrival of the sponsored refugees, we encourage sponsors not to obtain permanent accommodations too far in advance," the immigration department said

Earl said the number of Syrian refugees waiting for planes to Canada is increasing by 70 a week, and in one of its members' cases, the family was approved in late February and has yet to

"Many of these families have children whose best interests would be being settled in Canada before the start of the school year," said Earl. "For that to happen, they need to be moved now." TORSTAR NEWS SERVICE

Trudeau wants PM's wife's role modernized

Justin Trudeau summed up his first months in government with a self-congratulatory pat on the back for keeping key electoral promises to aid middle-class families, while also answering questions about the role of a prime minister's wife.

Yet in a news conference eight months after taking power, he appeared a more wary leader than the exuberant campaigner of 2015, deflecting questions, revealing little, even refusing to reiterate certain campaign promises on tough issues still ahead.

The prime minister touted his government's quick action to bring in an income tax cut, new child benefit and a new national plan to enhance the Canada Pension Plan, even as he conceded he's had to remind



Justin Trudeau and Sophie Grégoire Trudeau. GETTY IMAGES

his own ministers to pace themselves for a four-year term.

"We don't have to accomplish everything immediately and we can't expect to be able to accomplish everything within the first few months," Trudeau said. TORSTAR NEWS SERVICE



IN BRIEF

Guard unhurt after prison hostage-taking incident

Quebec provincial police say a hostage-taking at a courthouse in a remote Quebec town on Wednesday ended after a few hours.

Police say two convicts took a female correctional officer hostage in Septlles before eventually surrendering.

She was not hurt, said police. THE CANADIAN PRESS

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World | metr@ NEWS 16 Thursday, June 23, 2016

Brexit decision may crush your candy

I'll be upset if I

can't get them.

Andrew Cardozo, who

imports British products

UNITED KINGDOM

Vote could have impact on Canada-EU trade agreement

May Warren & Genna Buck Metro Toronto

Brexit may be a bloody big deal, but some Canadians are worried it will sour their chances of getting sweet and savoury treats.

Millions of Brits go to the polls Thursday to decide on staying in or leaving the European Union. There are huge issues at stake, from immigration to millions of jobs.

But there's also small stuff that could be caught in the crosshairs if the U.K votes to leave.

Andrew Cardozo, who imports British products, from

mushy peas to "prawn cocktail" crisps, to his shop London Call-ing in Toronto, Ont., said he's following the debate closely and is concerned about what might happen if Britain bolts.

"I'll be upset if I can't get them," said Cardozo, in front

of rows of imported Cadbury chocolates.

"I think the younger people are more going to be voting yes. I have friends in Ireland and they

want to move to London, so if it goes no, they're not going to be able to go to London and work," he added.

In 2013 Canada reached a free trade agreement in principle with the EU, known as CETA, but it hasn't been ratified vet.

Crina Viju, an assistant professor of European Economic

Integration at Carleton University, said its future is uncertain if the U.K. pulls out.

But she doubts Britain will put up any barriers to trade with Canada even if it decides to fly solo.

"It's up in the air," she said.

"Everything has to be renegotiated of course.

"If the U.K. will be out of the EU before the ratification happens, what kind of deal will they sign with Canada? The

same? Or a better one, or a worse one? Again it's a question," she said.

Paul Million, owner of Mississauga's Simply British foods, is also watching the referendum closely, and has been waiting for the free trade agreement to be ratified because it will allow him to import British meat products he hasn't been able

MUNCHIES

Metro's favourite British snacks:

Flake chocolate bars

Yes, we have Cadbury here in Canada, but the British ones just taste different, and Flake bars melt in your

Walkers Crisps

Got to love those crazy flavours from beef and onion to Worcester sauce. Not any more gross than ketchup, right?

Maynards Wine gums

These chewy and sweet treats never disappoint.

to sell since Mad Cow disease.

"If the U.K. decides that they want to pull out than that whole thing will probably unravel," he said.

"I think it's going to be a close call."



Andrew Cardozo's store, London Calling, may be caught in the Cardozo is concerned about his imports if Britain leaves the Euro-





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middle of the Brexit debate. pean Union, UZ BEDDALL/METRO

explained

On Thursday, citizens of the United Kingdom vote in a referendum on whether their country should remain in or withdraw from the European Union. Here's what you need to know.

WHAT'S ON THE BALLOT?

The referendum question will read, "Should the United Kingdom remain a member of the European Union or leave the European Union?"

CANADIANS CAN VOTE? Yes, if you're a Canadian cit-

izen who currently lives in the

WHAT DO POLLS SAY?

According to the Financial Times's Brexit poll tracker, it's a neck-and-neck race, with 44 per cent in favour of remaining with the EU, 45 per cent in favour of leaving and 11 per cent undecided.

WILL LEAVING IMPACT THE ECONOMY?

In the short term, a vote to leave will likely weaken the pound, and could boost the U.S. dollar as investors look for more stable currencies.

There is largely consensus amongst economists that leaving the EU would have long-term negative consequences for the U.K. TORSTAR NEWS SERVICE

Referendum Slum mirrors Gaza's plight

PALESTINIAN TERRITORIES

Conditions are even more deplorable in el-Zohor area

The expansion of Gaza's el-Zohor slum, where barefoot children play in the rusty skeletons of discarded vehicles surrounded by mountains of garbage, is a sign of the times in Gaza, where poverty is growing and there is little hope for the future.

While Gaza has always been poor, conditions for the 1.8 million people who live in the crowded seaside territory have worsened since the Islamic militant group Hamas seized power in 2007.

Soon after, Egypt and Israel, citing security concerns, imposed a blockade on the territory in a move that had a devastating impact on the local economy. Deepening the despair, Hamas and Israel have fought three wars since the takeover. Some areas are still in ruins from the 2014 war, and thousands of people are still displaced. The UN warned



Palestinian families prepare to break their Ramadan fast in el-Zohor slum in the Gaza Strip. THE ASSOCIATED PRESS

last year that Gaza could become "uninhabitable" by 2020 if current trends continue.

But even by Gaza standards, conditions are deplorable in the el-Zohor, or "Flowers," neighbourhood near the city of Khan Younis in the southern part of the territory. While Gaza's poor generally have access to basic amenities, health care and municipal services in the neighbourhood are among the worst in the territory.

The shacks, adjacent to a landfill, have no electricity or running water. Piles of garbage encroach on the makeshift homes, covering rooftops with trash while the acrid smell of burning waste wafts over the squalor. The searing heat and long summer days have compounded the difficulty

of fasting during the monthlong Ramadan holiday.

Today, about 50 families live there. Locals say Hamas is intentionally making conditions worse in the neighbourhood to try to force people off public property. They say if Hamas finds electric wires connected to nearby utility poles, it cuts the lines.

THE ASSOCIATED PRESS



Movement demands news of Chibok girl

Nigeria's Bring Back Our Girls movement demanded Wednesday that the government provide news of the only one of 219 kidnapped schoolgirls to escape the clutches of the Boko Haram extremist group.

In a statement marking the 800th day of the mass abduction that outraged the world, the group also asked what the government is doing to try to rescue the other girls.

Hunters found Amina Ali

Nkeki on May 17, wandering on the fringes of Boko Haram's Sambisa Forest stronghold with her four-month-old baby and the father of the child, a Boko Haram fighter who she said helped her escape.

Ali was flown to Abuja two days after her escape for a televised meeting at which President Muhammadu Buhari promised her the best care and rehabilitation.

But the Bring Back Our Girls

movement complained that no one has been allowed to see her, not even Chibok community leaders. It said Ali has said some of the girls have died but most are alive, providing evidence they could be rescued.

"It is now more than one month since Ms. Ali was rescued and her avowed restoration process by the federal government as pledged by the president began. Having given a reasonable length of time, our movement has a number of concerns regarding Amina Ali as well as the rest of our Chibok girls still in the terrorist enclave," said the statement, signed by the movement's founders Aisha Yesufu and Oby Ezekwesili.

Nigeria's military has freed thousands of Boko Haram captives this year, but none of the girls kidnapped from a remote boarding school in the northeastern town of Chibok in April 2014. THE ASSOCIATED PRESS



Presumptive Republican nominee Donald Trump. GETTY IMAGES

Trump calls Clinton 'liar' and 'corrupt'

He's going after

me personally

because he has

substance.

Hillary Clinton

U.S. PRESIDENTIAL CAMPAIGN

Charges are 'outlandish lies', Democrat rival hits back

Donald Trump launched a blis-tering attack Wednesday on Hillary Clinton's record and character, slamming his presidential rival as a "world class liar" who raked in personal profits from her tenure at the State Department. The billionaire businessman claimed, "She gets rich making you poor."

Trump's broadside marked his opening salvo in a general election faceoff with Clinton

that has already turned bruising and deeply personal. The presumptive Republican nominee called Clinton rupt" person to ever run for president and accused of her of

spreading "death, destruction and terrorism" while serving

as the nation's top diplomat. Clinton, campaigning in North Carolina, called Trump's charges "outlandish lies."

"He's going after me personally because he has no answers on the substance," Clinton said. "All he can try to do is try to distract us."

Trump's tone was pointed yet measured as he ticked through several of Republicans' favourite critiques of Clinton, including her use of private email as secretary of state and her role in responding to the attacks on Americans in Benghazi, Libya. Several of his claims were inaccurate or exaggerated, including incorrectly saying she wants to spend hundreds of billions to resettle Middle Eastern refugees in the United States.

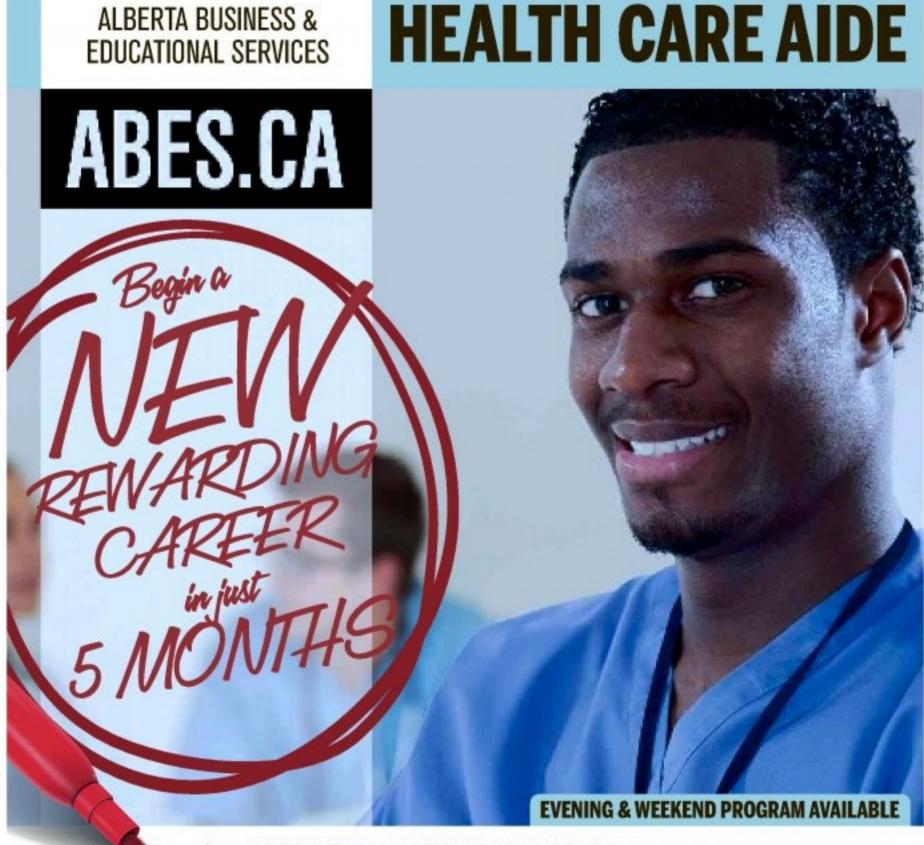
Wednesday's address came at a pivotal moment for Trump's presidential campaign. The political novice has struggled with the transition to a general election race, getting bogged down by self-created controversies and failing to invest in the staff and infrastructure needed for the fall campaign. Earlier this week, Trump

abruptly fired his campaign manager Corey Lewandowski. a move widely viewed as an acknowledgment the "most cor- no answers on the of a need to recalibrate his organization.

Even as Trump blasted

Clinton, he returned to some of the core themes that first powered his surprising presidential campaign. He railed against professional politicians and urged Americans to seize an opportunity to shake up a "rigged" system. "This election will decide whether we're ruled by the people or the politicians," Trump said, standing before a friendly audience at his hotel in New York's SoHo neighbourhood.

THE ASSOCIATED PRESS



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Thursday, June 23, 2016 19



The DJI Inspire Raw drone helicopter on display at CES International on Jan. 4 in Las Vegas. It's a little early to tell if the idea will fly, but Canada Post is starting to look at the role of drones in making deliveries. THE ASSOCIATED PRESS/THE CANADIAN PRESS

Canada Post looks to explore the skies

No plans for deliveries with drones ... yet

It's a little early to tell if the idea will fly, but Canada Post is starting to look at the role of drones in making deliveries.

The post office is quietly exploring the possibility of small, unmanned aerial vehicles one day helping get the mail to where it needs to go, said Jon Hamilton, a Canada Post spokesman.

"We are in a competitive space, especially when it comes to parcel delivery and things like that," Hamilton said in an

In the post office's 250-year history, the manner of getting letters and parcels to Canadians has evolved from a couple of horses to trains, trucks and planes so it makes sense to eye lightweight, remote-controlled aircraft, he said.

"We do look into these things." The tiny flying machines have

become immensely popular with hobbyists. But they're also used for a variety of government-related and commercial applications, including agricultural surveys, movie shoots, police investigations, meteorology, and search and rescue.

Canada Post declined to release documents through the Access to Information Act about its interest in drones, citing sensitivities such as trade secrets and financial, commercial, scientific

"It's not something that Canadians are going to see any time soon, if at all."

Still, Canada Post is conscious that companies such as online retailer Amazon are actively investigating delivery drones.

"It may be something that has applications for the postal service," Hamilton said. "But it may be something that is just more of an emerging threat to the existing postal business, and how do we respond to that?"



There was a lot of time between moving from horses to trains. Things don't move that slowly anymore. Jon Hamilton

or technical data.

But Hamilton insists there are no drone prototypes in the post office laboratory - at least

He characterized the effort as a "paper exercise" at the very early exploratory stages, aimed at "examining what's out there

Amazon bills Prime Air as a future service that will deliver packages weighing up to five pounds in 30 minutes or less using small drones. The company says it has developed more than a dozen vehicle designs, with testing under way in multiple international locales, including British Columbia. THE CANADIAN PRESS

Console cycles may be coming to an end

The next generation of console gaming is coming - or is it?

At last week's Electronic Entertainment Expo, the industry forecast a future where Xboxes and Playstations are updated almost as frequently as smartphones. The move to release more consoles with varying features may mark the end of the traditional console cycle.

THE ASSOCIATED PRESS

BlackBerry focused on phone profits

BlackBerry Ltd. has targeted this fiscal year to make money from its smartphone business, chief executive John Chen told shareholders at the company's annual general meeting in Waterloo Wednesday.

"We need to make that profitable . . . we have a plan for it,"

Chen said during a sometimes unruly meeting that saw one investor challenge executive compensation at BlackBerry and accuse management of "bleeding the company dry."

Chen was awarded \$85.7 million US in 2014, his first year as CEO, with most of the compensation in the form of restricted shares that vest over five years. His pay fell 96 per cent to \$3.4 million in fiscal 2015.

"The device business must be profitable, because we don't want to run a business that drags onto the bottom line." Chen told the meeting. "We've got to get there this year," referring to BlackBerry fiscal 2017 that started in March.

Chen in April said the company would consider ditching the hardware business if it cannot be made profitable, stressing, though, that BlackBerry was "very close" to at least breaking even. TORSTAR NEWS SERVICE





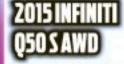
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MELEWS

Your essential daily news

Thursday, June 23, 2016

CHANTAL HÉBERT ON TORY LEADERSHIP MANOEUVRING



Winning Quebec will not alone win anyone the Conservative leadership next spring, but being shut out of the province could be fatal — especially if Ontario splits three or four ways.

On a day-to-day basis, few Parliament watchers pay attention to Lévis-Lobtinière MP Jacques Gourde. On the Hill, his main claim to fame is to have been the only Conservative from Quebec to not make the cut of Stephen Harper's last cabinet. He spent his party's decade in power on the backbench of the government. In the new Parliament, the scenery is different but Gourde's role is as low-key as in the previous ones.

But outside the bubble, the fourth-term MP is distinguished by his electoral resilience. In contrast with colleagues invested with more gravitas such as Michael Fortier — Harper's handpicked senatorial minister for Montreal — or Lawrence Cannon, Josée Verner and Jean-Pierre Blackburn, Gourde kept his rural Quebec seat through challenging Conservative times. He even survived the 2011 orange wave.

Gourde's forte is organization. He cut his teeth as a volunteer for the provincial Action Démocratique du Québec party and the federal Conservatives at a time when both were facing uphill battles just to be taken seriously. In 2006 he decided to run.

In that federal campaign, Gourde's riding was one of the few places where Harper could hope to draw a decent crowd. On one visit to the rural riding, a cortege of 50 pickup trucks was reportedly on hand to provide a motorcade for

A solid organization can trump myriad high-profile endorsements. the Conservative leader. It probably helped that it was the dead of winter and that Gourde's fellow farmers had a bit of time on their hands.

As the long campaign to select a successor to Harper slowly gets underway, most a notion that has only negative traction within Quebec's political class.

He believes Canada's corporations, including Bombardier, should be weaned from federal subsidies.

More recently, Bernier came



FACE OF A KINGMAKER? Low-profile Conservative MP Jacques Gourde is known as a master campaign organizer. Having hitched his wagon to Maxime Bernier, Gourde could play the key role in the party's leadership contest. ADRIAN WYLD/THE CANADIAN PRESS

Conservative MPs are keeping their cards close to their chests. They want to see the full lineup before they commit to a camp.

But Gourde has already made his choice. He is the co-chair of Maxime Bernier's leadership campaign and more of a catch than appearances or titles would suggest.

For, notwithstanding his native son status, it is hardly a given that Bernier will earn the backing of many more Quebec MPs.

His penchant for taking a knife to sacred cows has not necessarily endeared him to his colleagues

He once mused about doing away with the language law — out against supply management, a program of iconic status in rural Quebec. Gourde had to scramble to explain that stance to his own constituents. He ended up softpedalling it.

All of which is to say that when the time comes to collect endorsements, the Beauce MP might not be overwhelmed with Quebec caucus support. But by then, it may not matter all that much.

In a one-member, one-vote leadership contest, the weight of the party establishment is infinitely less significant than in the days when so-called exofficio delegates made up as much as a third of those who voted at delegated conventions.

A solid organization can trump myriad high-profile endorsements.

Just ask former Ontario Tory minister Christine Elliott. She had impeccable connections to the party establishment and a proven track record ... and she was trounced by federal backbencher Patrick Brown in last year's Ontario Tory leader-

Could Bernier pull the same trick at the federal level? That would depend on whether his campaign has boots on the ground in the other regions. This is one operation where having support a mile wide, even if only an inch deep, is actually better than the alternative.

In the Conservative leadership arithmetic, every riding is worth an equal number of points regardless of the size of its membership. Securing a solid footing in Quebec — the province with the second-highest number of seats — early on could turn Bernier into more of a force to contend with than his opponents expect or the polls suggest.

Winning Quebec will not alone win anyone the Conservative leadership next spring, but being shut out of the province could be fatal — especially if Ontario splits three or four ways.

While so-called big name candidates such as Jason Kenney and Peter MacKay fiddle with possible leadership bids, Bernier is preemptively locking Quebec votes. Sometimes the early bird does catch the worm!

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

ROSEMARY WESTWOOD

Campus-sex-assault fight requires paradigm shift on privacy issues

When universities play the privacy card in sexual assault allegations, it's a supremely terrible look.

Last week, it was Simon Fraser University's turn to seem both heartless and spineless, the one-two punch of bad PR.

To all questions asked about any details of the case of a male student accused by three female students of sexual assault — complaints more fulsomely catalogued in a series of pieces by the Vancouver Sun's Daphne Bramham — officials responded with the mantra: "I cannot comment due to privacy concerns."

It's a line that sounds suspiciously like obfuscation and brand management. But to be fair, universities are in a legal bind. All public institutions are governed by provincial access to information and protection of privacy laws that include broad restrictions not just for privacy, but the dissemination of any personal information.

Essentially, as privacy expert and lawyer Michael Power told me, schools are prohibited from publishing details that may lead to a person being identified. Power himself would counsel this exact tight-lipped approach.

But this abundance of caution is far from just. It is purely and only legally expedient, and it must change.

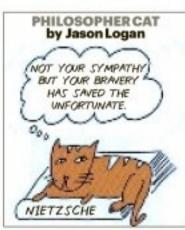
Not only does the status quo threaten the safety of women by obscuring important information about alleged criminals, but it de facto privileges the privacy rights of said alleged criminals over justice for victims, nevermind the school's interest in avoiding bad press. This has been the case at schools for decades. No surprise then, evidenced by abysmal reporting rates (about one in 10 assaults), that women have noticed.

We are at a turning point, where provinces are beginning to force universities to institute clear and discrete sexual assault policies. But the laws, while more thorough in Ontario than B.C., remain too weak. They require policies in only the broadest of terms, and rely on schools, historically feeble protectors of women's safety, to magically transform into robust ones. There's no demand to routinely collect and publish crucial data that could finally offer a truer window into the problem. And there are no requirements for universities to report sexual assault complaints to police.

Nor do these bills change the balance of power on campus, which favours the privacy of alleged rapists. Sure, that's how privacy laws have been written. But since they lead to negligent behaviour on the part of colleges, it seems high time we amend those laws to allow more transparency.

If we don't, even schools that want to be more transparent will be prevented from doing so. And the public, and most importantly survivors, will believe that, on sexual violence, schools are all lip service and no action.





Philosopher cat now at

Tumbling over the edge—in a barrel

DEBUT NOVEL

Story of quirky family pegged on daredevil waterfall stunt

Sue Carter For Metro Canada

Whenever Amy Jones visits Kakabeka Falls, which isn't far from her home in Thunder Bay, she often has a morbid thought: "What would happen if I fell in?"

And that's what happens to her character, Kate Parker, the matriarch of a dysfunctional family, in Jones' funny but heartfelt debut novel, We're All in This Together.

Except that Kate intentionally chooses to go over the 40-metre-high falls, daredevilstyle, in a barrel. (In reality, Jones is fairly certain that no one could survive the ride.) Kate's kamikaze-grandma stunt is captured on a video that goes viral and makes international tabloid news, pulling together three generations of the Parkers in what is only the beginning of the family's adventure.

Kate's near death brings back to town her daughter Finn, the only member to have left Thunder Bay and whose lonely life in Toronto has fallen apart.

Kate's husband, Walter, seems in turn bewildered and accepting of his wife's erratic behaviour. There's Shawn, a former street kid who has



Really what I find fascinating about living here are the people and their tenacity. The real family connections that people have. Amy Jones on Thunder Bay, Ont.

lived with the Parkers for years but still feels emotionally insecure in his position within the family, and his wife Katriina, a seemingly all-together real estate agent with dark secrets of her own.

And then there's Nikki —
Finn's identical twin sister and
opposite in all ways — a fiery
single mom with several kids,
including a son conceived with
Finn's then-boyfriend, and London, a precocious animal lover
who falls in love online with a
Shark Week host.

We're All in This Together is a complicated layering of time shifts and perspectives, as each character takes their turn revealing their inner emotional lives and personal history. In writing the manuscript, Jones used sheets of Bristol board and coloured markers to keep track of all the various timelines and backstories.

"It was a big knot that I was trying to untangle, pulling out threads," she says.

Jones always knew that she wanted her book to be set in Thunder Bay, her adopted home of six years. Many of the short stories in her first book, What Boys Like, were set in Halifax, where she grew up.

"It's become part of my trademark," she says.

"I really like writing about places."

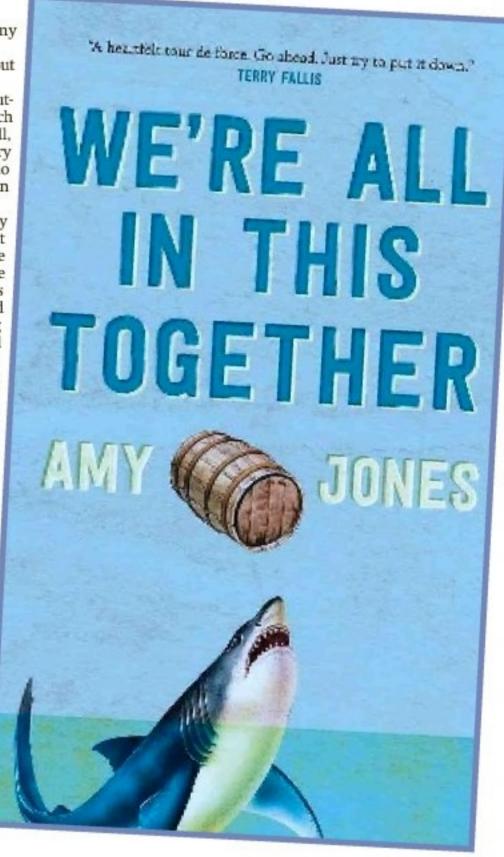
She had observed that outside of a few exceptions, such as Michael Christie's If I Fall, If I Die, there has been very little northwestern Ontario literature set in an urban environment.

"I feel really inspired by the city. Not in the way that people would assume — the natural landscape and the forest and the lake," says Jones. "Really what I find fascinating about living here are the people and their tenacity. The real family connections that people have. The constant pull of needing to go or wanting to stay, and vice versa. It's a very complex relationship with the city."

Although Jones did plenty of research about the region, even digging deep into topics such as ground erosion, she was more concerned about getting the emotional feel of Thunder Bay right.

"I really did want it to reflect back what I saw and what I experienced. I tried to be as honest as I could be," says Jones. "I didn't think about it when I was writing, but since people have been reading the book, I feel like an ambassador."

Sue Carter is the editor at Quill & Quire magazine.





Books metr@LIFE **24** Thursday, June 23, 2016

POLITICS AND POETRY

For months, the baffling, repetitious ravings of Donald Trump niggled at the back of the mind of University of Pennsylvania linguistics professor Mark Liberman: Something was familiar.

"Where else have I seen or heard this pointillistic, repetitive style?" Liberman mused

this week on his blog, Language log. He took out the punctuation, and "suddenly the stylistic model leaps off the page."

Trump's speeches are uncannily similar to 20th century poet Gertrude Stein - known for her skilful use of nonsense and repetition. GENNA BUCK/METRO



You know the Republicans honestly folks our leaders our leaders have to get tougher. This is too tough to do it alone but you know what I think I'm gonna be forced to. I think I'm going to be forced to. Our leaders have to get a lot tougher. And be quiet, just please be quiet don't talk please be quiet. Just be quiet to the leaders. - Donald Trump

There is singularly nothing that makes a difference a difference in beginning and in the middle and in ending except that each generation has something different at which they are all looking. By this I mean so simply that anybody knows it that composition is the difference which makes each and all of them then different from other generations and this is what makes everything different otherwise they are all alike and everybody knows it because everybody says it. - Gertrude Stein



When superheroes don't save you

Dark Night: A True Batman Story BY: Paul Dini and Eduardo Russo PUBLISHER: DC Comics/Vertigo

Mike Donachie Metro | Canada

One night, Batman writer Paul Dini was walking alone when two men approached,

yelling insults. They beat him, badly, sending him to the hospital. But although the physical damage was severe, the worst damage was psychological. How can you write Batman: The Animated Series when

you know there's no

hero coming to save you? This unusual graphic novel is

something special. Although it features comic book characters like Harley Quinn, who Dini co-created, it's autobiographical. The costumed heroes and villains are in Dini's imagination, manifesting as he tries to recover from his injuries, seen and unseen, and regain his voice as a writer.

> The story is harrowing in places, especially a scene where Dini selfharms using an Emmy Award he's just won. There's also a brutality in the writing, as if he's beating himself up with criticism and too much honesty.

But there's charm, too, and a story that will engage anyone

who's felt introverted, or alone, or in need of a hero.

A soldier's view of the Middle East troubles

NEW BOOK

Matti Friedman looks at the absurd nature of war

After finishing high school in Toronto, Matti Friedman decided to go to Israel. He was required, like others of his age, to do army service, a teenager who had never held a gun. Friedman later became a journalist and has written several books about the Middle East. His latest, Pumpkinflowers: An Israeli Soldier's Story, is about troops in the late 1990s defending the "security zone" that Israel established in south Lebanon. "Pumpkin" was Israel's name for a hilltop military outpost there. "Flowers" was the code word for soldiers felled in action. Here Friedman talks about his new book.

The first section of your book deals with a young Israeli soldier, Avi, who was killed at the Pumpkin in a terrible helicopter crash. You never met Avi. Why write about him rather than one of his peers who were also killed? Just because Avi had a rebellious streak?

I knew the story needed to start in 1997, when the hill became notorious because of the helicopter crash that killed 73 soldiers. I looked for soldiers who had been on the hill before I arrived. I went around the country meeting different guys who had passed through this strange outpost in the 1990s and I also spoke to parents of soldiers who had died at the outpost.

I learned about Avi in one of these meetings and then met his parents. It turned out that Avi had not only been at the outpost, but he had written a considerable amount about being there. Most of us didn't do that. We were extremely young and we didn't think that what we were seeing was important and we were preoccupied with just getting through. As soon as I saw his writing and saw he had a unique pair of eyes, I knew I could write about him.

During the time you served in the Israeli army, Israeli mothers were pushed to protest their sons' involvement in fighting the guerrillas in Lebanon.

The group called Four Mothers was formed shortly after the helicopter crash. At this point, the country is starting to think about the Lebanon enterprise. The catalyst for this change in public opinion was the group of mothers who got together to start a protest movement.

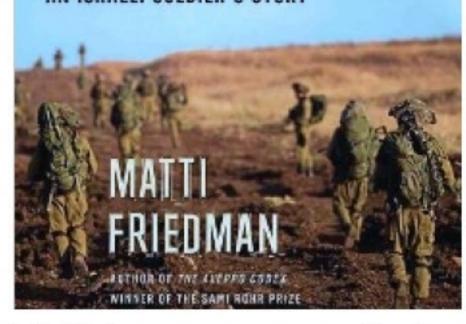
The country believed there was a need for a security zone between Lebanon and Israel. But after a year or two of very active protest and a growing casualty toll in Lebanon, public thought shifted. The idea of a unilateral withdrawal from Lebanon went from being a dream to a reality.

The mothers were very tenacious in their activities. It is a demonstration of what a small number of citizens can pull off in a democracy.

of a young broad and disn's experience. A STUNNING ACREVENENT." -KAI BIRD, Pulitrer Prize-winning biographer PUMPKIN FLOWERS

"Destined to become a classic text on the absurbition of war . . . A beautifully written account

AN ISRAELI SOLDIER'S STORY



In the 1990s there was a broad peace movement in Israel which really believed we would get peace and have a better future. Then in 2000, Israel withdraws from Lebanon. The next spring the

peace process collapses. It collapses with the rise of the Hezbollah (a Lebanese-based terror organization) and the worst wave of terrorism Israel had ever seen.

What we have now is a Middle East that is much worse than anyone could have imagined. Reality in this region has not been kind to the Four Mothers and the peace movement. What is going on now was born out the darkest dreams of those on the right.

TORSTAR NEWS SERVICE



What we have now is a Middle East that is much worse than anyone could have imagined

Matti Friedman

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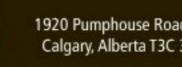
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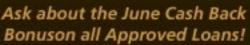
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JOHANNA SCHNELLER WHAT I'M WATCHING

Lawren Harris doc relishes in his prose



Ben Low as Lawren Harris at Quidi Vidi, Newfoundland, from the documentary Where the Universe Sings: The Spiritual Journey of Lawren Harris. CONTRIBUTED

THE SHOW: Where the Universe Sings: The Spiritual Journey of **Lawren Harris**

THE MOMENT: The letter to Emily

As we see in this documentary by Nancy Lang and Peter Raymont, the Canadian painters Lawren Harris and Emily Carr met in 1927 and began exchanging letters. She praised his "world shorn of fretting details, purged and purified."

He encouraged her, "Stay with your own way. Use the feeling that the stuff is awful to make the next thing less awful. I've learned to keep right on, despite the recurring sureness that my stuff is pretty damn sad."

A more succinct summary of the artistic mindset you cannot find.

Harris didn't leave us only paintings. He also gave us reams about why he painted; why he needed to. "I'm in great need of losing my littleness," he wrote in 1930, on his first trip to the Arctic, where he'd make some of his most definitive work. "I'm hoping to get freed from my inhibitions and move into exaltation."

This doc makes liberal use of Harris's prose. Sometimes we hear it in voice-over (from Colm Feore) while an actor pretends to paint. This is hokey but forgivable. Much better are the times when his words wash over us while the camera lingers on his art. In these moments, the spiritual journey promised by the title comes most alive.

I'm truly worried for future biographers and filmmakers, who will have to explain their subjects without the gift of correspondence.

You don't find a phrase like, "Art is a bridge between the great moral harmony of the universe and our own souls" in an email.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

INVESTIGATION

UBC creative writing chair removed over breach of trust

The University of British Columbia says the chair of its creative writing program is no longer employed by the school over what it calls an "irreparable breach of trust."

In a statement, the school says acclaimed writer Steven Galloway was suspended in November of last year while an investigation was completed over what it said were serious allegations of misconduct. Additional complaints were also received after he was suspended and Mary Ellen Boyd, a former B.C. Supreme Court justice, was appointed to conduct an investigation.

Details of those allegations weren't released, but the school says Galloway did not dispute any of the critical findings when the dean of arts, Gage Averill, reviewed the report with him.

Philip Steenkamp, the vicepresident external relations at UBC, wouldn't say if Galloway quit or if he was fired.



Steven Galloway, HANDOUT

He noted that when the president recommends termination of a faculty member it needs to be approved by the board and that approval was given on Tuesday.

Galloway could not immediately be reached for comment.

Steenkamp says all of the complainants who came forward have been offered support and counselling services by the university. Galloway is the author of three novels, including The Confabulist and The Cellist of Sarajevo and was nominated for the International IMPAC Dublin Literary Award and the Scotiabank Giller Prize.

The university says it had to balance a number of issues in investigating the case and reporting on its outcome.

"These kinds of cases are always very difficult for everyone involved," it says.

"The university acknowledges the community's need for information and assurance that its processes have been applied fairly. At the same time, the university must balance the need to respect the personal privacy of both complainants and respondents and to provide them with a safe space in which to bring forward their concerns and perspectives."

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26 Thursday, June 23, 2016 Entertainment | metr@LIFE

moment

The CFL's

While our U.S. neighbours have turned football into a religion

— from the Friday night lights of high school fields to the ad-strewn Super Bowl — Canadians haven't embraced the ad-strewn Super Bowl — Canadians naver templaces and game as much. The Canadian Football League has kicked off a new plan to create a deeper bond with younger fans to keep the game alive. Here is how they are doing it.

KATE PETTERSEN FOR METRO CANADA

The Canadian Football League is rich in talent and culture, but for the most part fans are born into it. Maybe your grandfather was a fan, your parents follow the league or your uncle used to play.

In a country where the sports landscape is growing at a rapid pace, arts and culture are thriving in major cities and the competition for peoples' interest continues to increase, the CFL recognized the need for a change.

"We want to keep the brand fresh, new and invigorated for our existing fan base," said Commissioner Jeffery Orridge. "At the same time we need to attract the attention of the next generation of fans."

Their league-wide rebrand is a push to attract millennials with a reenergized presence both on and off the field one that showcases the skill and athleticism of its players and features a handful of new stadiums across the country.

A party in Montreal last month, featuring a late night performance by Taboo of the Black Eyed Peas, marked the launch of a new clothing deal with Adidas.

More than 300 attendees packed the dance floor of Time Supper Club, staying until close, to mingle with players and snap photos with the Grey Cup.

And, fitting perfectly with the league's fresh mandate, the partnership includes new uniforms, sideline apparel and an Originals lifestyle collection for fans.

Teams have also stepped up their social media presence in effort to create culture and recognition around Thursday Night Football, complete with and tailgating.

Players are jumping on board to help spread the word: Whether it's Snapchat takeovers during practice, contests for fans on Instagram or behind the scenes video footage on road trips, access to social media is

between fans and some of the league's brightest stars.

a real focus

that we're

showcasing

them not only

on the field but

ies off the field."

also telling their stor-

Feedback so far has been overwhelmingly positive, said Orridge.

"The players love the idea of this new style CFL. They realize they are the most valuable

Dave Dickenson finally has

Familiar face,

the opportunity he's been waiting for. He's a four-time Grey Cup champion and played 13 seasons before transitioning into various coaching positions with Calgary. This year, Dickenson heads into his 8th season on the Stampeders sideline, for his first as a head coach.

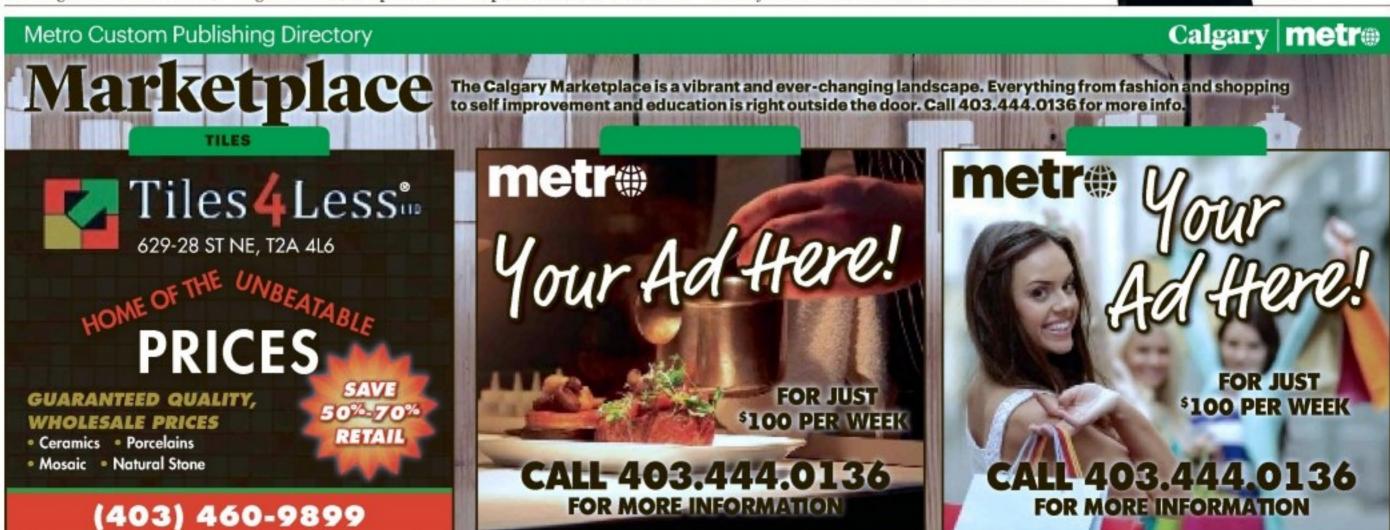
Despite his extensive experience with the Stamps organization, Dickenson knows the added responsibility is going to be a big transition.

"We've got to gel a little bit," he said. "Just like players, coaches need an opportunity and they show what they've got when they get that opportunity."

> The good news for him, former bench boss Jon Hufnagel won't be too far away.

"I still want Huff very involved in preplanning," he said of the teams new General Manager. "He's that extra voice, that guy that has done it. I've got a good guy to learn from.





METHIOME

Your essential daily news

Design company Dos de Tres turns vintage telephones into lamps

MEET THE CONDO

Craftsmanship by the Creek

Project overview

Units are ready for immediate possession and come complete with thousands of dollars in upgrades and five appliances as part of the standard package. This project showcases a modern Craftsmanstyle exterior, with slate and rustic wood beam accents.

Location and transit

Creekside Village is located in Airdrie on 8th Street, between Railway Avenue and McKenzie Way with quick travel to Highway 2 and Stoney Trail, which essentially connects you anywhere. Airdrie is just north of Calgary and there are commuter buses available.

Housing amenities

Each unit comes with heated underground parking and access to bicycle storage and a home warranty. There is common greenspace around the buildings. Each unit comes with free digital television and internet for a year.

In the neighbourhood

Creekside Village is located on the West side of Airdrie making it close to numerous shops, restaurants, a theatre, many of Airdrie's beautiful outdoor parks, pathways and green spaces. All of your amenities are nearby and it's also close to CrossIron Mills, the airport and more.

KRISTA SYLVESTER/FOR METRO



■ NEED TO KNOW

Builder: Carlisle Group Designer: N/A Location: Creekside Village,

Airdrie

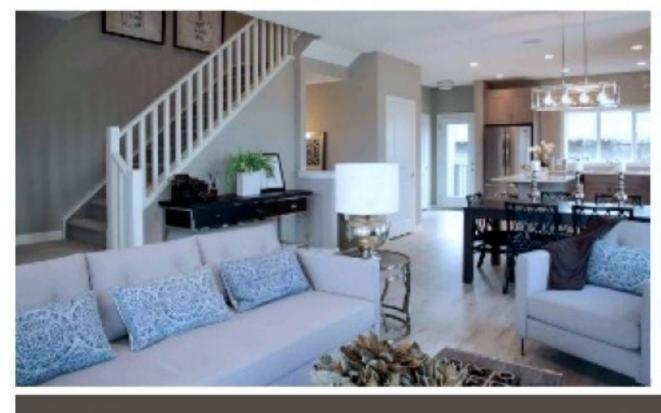
Building: Total of nine buildings, four storeys each
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Dress up a desk and add some buzz to your backyard

Transform an unfinished wood table with colourful tile and paint. Don't worry, you don't need to be a tiling pro for this job.

Step 1: Gather and shop for the supplies:

We used an unfinished wood coffee table and tiles from IKEA but you could transform any old table with tiles.

When selecting tile, ensure you measure the area that you plan to tile so you buy enough product. You'll probably want to avoid having to cut the tiles, so measure first! Purchase enough wood trim to fit around the finished tiled area of the table.

Ensure the trim is the appropriate size to cover the edge of the tile.

You'll need:

- · Coffee table
- Tile
- Paint
- Wood trim Sandpaper
- Pre-mixed tile adhesive & grout
- · Notched trowel for spread-
- ing adhesive Tile spacers (optional) for
- spacing tiles
- · Rubber grout float for applying grout
- Hammer & finishing nails (optional)
- Gorilla glue (optional)
- Saw
- Painter's tape
- Tape measure
- Paintbrush
- Sponge and bowl or pail of
- · Sealer for grout and tile (optional)



It's the perfect weekend project to transform a wood coffee table into a colourful tiled table. PHOTOS DEBRA NORTON/FOR TORSTAR NEWS SERVICE

Step 2: Prep your surface.

Sand the wood to remove any rough edges or sticky residue.

Step 3: Lay out the tile

Place your tile on the table surface. Allow space for grout lines (1/8" - 1/4"). Use painter's tape to mark an outside border. Tile adhesive will be applied within this border. Using the tape ensures the tiles and adhesive are within the desired area.

Step 4: Apply tile adhesive.

Use the flat edge of the trowel to apply a thin layer of adhesive. Immediately add more adhesive and use the square comb edge to distribute the adhesive, moving in one direction. We applied the adhesive in sections rather than the entire surface area.

Step 5: Press tiles into

Starting in one corner, press the first tile in place ensuring it is straight and level. Repeat with all of the tiles, pressing into place and ensuring each and every one is straight and level. Make sure to leave space between tiles for grout lines. Since this was a small surface, we were able to keep the tiles straight. However, you may find it helpful to use tile spacers. When you're done placing the tiles, remove the painter's tape. Clean any excess adhesive from edges with a damp rag. Let the tiles set and adhesive dry for a minimum of 24 hours before moving on to applying grout.

Step 6: Apply grout.

Using a rubber grout float tool, apply grout to the tiles, pushing it gently into the grout lines. Ensure that the grout fills the lines and is relatively smooth.

Step 7: Clean off excess.

Fill a bowl or pail with water and use a damp sponge to remove excess grout from tiles. Let the grout set according to the product specifications before removing the cloudy looking grout haze from the tiles. Let grout dry for 24 hours before handling.

Step 8: Trim.

Measure and cut wood trim to finish off the edging around tile. Paint the trim. Give it two coats for a good finish.

Step 9: Paint the table

Apply two coats of paint to all exposed wood on the table. Let dry according to product directions.

Step 10: Finish off with trim.

Fasten the trim onto the table with small finishing nails or use a strong glue like Gorilla Glue. TORSTAR NEWS SERVICE



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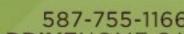


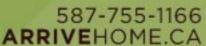




BEDDINGTON TRAIL









RETAIL Not feeling

If you would rather leave the tiling to the professionals, we've found some patio ready tables so you can focus on summer fun.

crafty? Buy it





A handcrafted mosaic outdoor coffee table in a radiant blue glass tile perfect for the patio. Mosaic Blue Coffee Table \$559.00 CDN/ available via local store

West Elm

Colourful ceramic tiles adorn this indoor/outdoor coffee table.



Mosaic tiled coffee table \$582.38 CDN / available in store

3 Bed Bath & Beyond

Side tables tiled in a pretty mosaic are the perfect addition to your patio. Round mosaic side table \$49.99+ USD/ \$6.99 shipping Ready to ship.



Lowes

This trio of mosaic tables is perfect for cocktails or as a place to perch your plants. Laguna Mosaic Tables, set of three. \$330.00 CDN/includes shipping Ready to ship.

TORSTAR NEWS SERVICE

DEAL ESTATE

What's hot on the market



OPRE-SELLING

STEPS in Bridgeland:

This collaborative project is designed by award-winning architect Jeremy Sturgess and is set to transform the landscape of Bridgeland with its 122 contemporary town-houses. Visit the Discovery Centre at 921-1st Ave N.E.

PRE-SELLING

Kensington by Bucci: The 77-home low-rise project Kensington by Bucci is perfectly located in the popular Hillhurst/Sunnyside neighbourhood where inner-city living and vibrant character flourish. Visit the Presentation Centre at 301 10 St. N.W.

3 STILL SELLING

Park Point Qualex: Still selling - Local paths, transit, many Car2Go options and a nearby Plus15 skywalk conveniently connects you with any destination from this inner city condo project. Check out the Park Point Discovery Centre at 301-11th Ave. S.W.

KRISTA SYLVESTER/FOR METRO

'Mad House' exhibit straddles art, design

CREATIVITY

Studio Job show celebrates the absurd

Imagine a house containing a towering bronze pitchfork and shovel that will never be used for gardening; a working vacuum cleaner — topped with the gilded bust of a horse — that will never clean floors; and an oversize saucepan (made of crystal, bronze, wood and gilding) that will never find its way to the stove.

The art and design duo known as Studio Job specialize in creating works inspired by household goods but never intended for use.

Now, the Museum of Arts and Design in New York has transformed two floors into a Studio Job Mad House, featuring some of these eye-popping designs. The exhibit, which runs through Aug. 21, is set up as an imaginary house of an imaginary collector of Studio Job's works. It exudes a sense of history, fantasy, irony and opulence.



Studio Job Mad House at the Museum of Arts and Design (MAD) in New York runs until Aug.21. BUTCHER WALSH/MAD

The design team, founded in 1998, is composed of Belgian conceptual and 3-D designer Job Smeets and Dutch graphic designer Nynke Tynagel. Their works straddle art and design, and nod to medieval traditions of patronage by producing monumental works in high-end materials like bronze, crystal and gold. "They tend to react to what is common and do the exact opposite, challenging the percep-

tion of what is normal," says Ronald Labaco, a senior curator at the museum who organized the exhibit.

The works, many commissioned by patrons, rely on ancient crafts like bronze casting, gilding, marquetry, stained glass and faience, all with a contemporary perspective. The designs often draw from pop culture (like the movie King Kong).

THE ASSOCIATED PRESS



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METRO SPACES

Remodelling projects that maximize your investment

Homeowners often look to customize their home for personal enjoyment and to appeal to future buyers. So, we ask, which remodelling projects add the most value?

"Homeowners are often inclined to renovate to suit their individual preferences and lifestyles," says Craig Blanchard, brokerowner with Royal LePage Atlantic Homestead in St. John's, Newfoundland. "However, while turning a garage into a music studio may be your heart's desire, it's important to be cognizant that future buyers will likely just want to park the car."

Blanchard points out that regular and systematic home maintenance provides the best return on investment. Although, there are a few renovations that consistently offer above average return on investment.

According to the Remodeling 2016 Cost

versus Value Report (costvsvalue.com) the following are among the mid-range renovations that homeowners who are looking to sell may wish to consider. To protect your investment, be sure to obtain work permits and consult a professional before embarking on any project where maximum return on your investment is sought.

 Attic insulation (fibreglass). You can recoup more than 90 per cent of the costs based on immediate energy savings and your home's future resale value.

Garage door replacement. Maximum impact on curb appeal and increase functionality. Recoup up to 90 per cent of your investment.

Entry door replacement (steel). Quickly improve the curb appeal of your home while reducing heating and cooling costs. Estimated



STOCK

return on investment is more than 80 per cent.

4. Manufactured stone veneer. Add curb appeal to the exterior of your home, or to accent specific areas within the home. Recoup up to 75 per cent of your investment.

5. Minor kitchen remodel. Based on a mid-

range investment of about \$20,000, you can expect to recoup about 70 per cent.

Deck addition (wood). Add a deck to increase outdoor living space and recoup up to 66 per cent of your investment.

- News Canada



CONTRIBUTED

Create a protected outdoor space for your home

How can your family make the most of the fresh air and sunshine this summer?

"You can build your very own vacation spot right outside your back door," says Doug Mitchell, owner of Blueflower Sunrooms, based in Cochrane. "Building screenrooms is the most economical way to create your own protected outdoor space that you can enjoy all summer."

Blueflower Sunrooms provides screen and glass rooms, retractable screens and awnings, and also offers a full suite of construction and renovation services.

The company has built many custom

screenrooms and sunrooms for homes across Alberta and B.C.

"The summer is wonderful for outdoor activities, but an evening get-together outdoors can easily turn into a mosquito-fest, or wasps can crash your summer barbecue. The wind and weather can be a major issue too," says Doug Mitchell.

Constructed from high-grade aluminum with a polycarbonate lexan roof, Blueflower screenrooms provide an 80 to 90 per cent reduction in UV light for sun protection on hot days. The roof also provides protection from the rain. The windscreen can withstand 120mph winds, and is engineered for Canadian snow loads.

Blueflower can build your screenroom on an existing deck, or as a new addition to your home. A sunroom also adds resale value to your home.

"You don't necessarily need to take an exotic trip to enjoy your summer," says Mitchell. "A screenroom will give you a vacation oasis in your own home."

For more information, visit blueflowersunrooms.com.





Find the perfect bed

Purchasing a bed is an important decision. But with all the options out there, how do you know which option is right for you?

The knowledgeable staff at Simmons Mattress Gallery in Calgary help customers learn more about the different types of mattresses, pillows and beds, so they can find the bed that suits them best.

"There are many options out there, and it can be difficult to know which ones are best for you," says Charlie Gouldsborough, owner of Simmons Mattress Gallery in Calgary. "Our top priority is to help our customers get a great night's sleep. As soon as you walk in the door, our job is to help you find that."

The family-run store creates made-toorder mattresses of many varieties, based on your individual needs. Many are constructed right in Calgary.

The store's mattress selection offers varieties to suit different types of sleepers. Their Beautyrest brand offers Pocketed Coil, AirCool Memory Foam and TruTemp technologies. Kingsdown mattresses offer their Superior Pocket Coil System, designed to accommodate every body. Tempur-Pedic

mattresses provide support that adapts to your body position, weight and temperature.

The Simmons team will help you find which is best for your sleeping needs and budget.

Your pillow is just as important.

Whether you sleep on your side, your back or your front, Simmons provides a pillow for every type of sleeper, ranging in firmness from very plush to firm. Pillow materials vary too, including memory foam, latex and gel.

No matter what the product, everything at Simmons Mattress Gallery is made to high quality standards with good materials and solid construction — ensuring buyers find a bed that lasts.

Want to find out more?

Simmons Mattress Gallery is located at 7145 11 Street SE in Calgary. Find the store online at agoodnightsleep.ca.



ISTOCK

When visitors come into the gallery, they can browse the collection of sleep chests, mattresses, pillows and other bedding.

The staff at Simmons are well-trained and

knowledgeable about the store's products, helping visitors find exactly what they need.

"Ultimately, we want you to get a great night's sleep," says Gouldsborough.



SPACES



Opportunity arrives in Bowness

When it comes to original Calgary communities with bona fide charm, there will always be the iconic few such as Inglewood, Bridgeland, and at the top of most lists: Bowness. More than a century old, Bowness boasts a balance of history, diversity and natural beauty unlike any other community. And in this small-town slice of the big city, 'community' is the operative word; spend any given day there and you'll soon see why. Order a hand-spun shake at Angel's Drive-In and take a stroll through beautiful Bowness Park. Then browse through some of the eclectic mom-andpop shops and one-of-a-kind restaurants lining Main Street. Bownesians are fiercely proud for good reason.

As more and more Calgarians flock to this area seeking a vibrant and authentic urban vibe within a character-rich community, this cozy, neighbourly little part of the city continues to grow. Now, the City of Calgary's nonprofit initiative, Attainable Homes Calgary Corporation (AHCC), has joined forces with a local developer to make home ownership in Bowness more attainable.

AHCC works with builders, lenders and lawyers to bring down the upfront costs of ownership so qualifying Calgarians can buy their very own home with only a \$2,000 down payment. For the last five years, AHCC has helped moderate-income Calgarians grab their first rung on the real estate ladder in the city. More than 22,000 people have registered on the website, 5,700 have completed the education session, and nearly 750 families have bought attainable homes to date.

The Arrive at Bowness townhomes are the latest in a number of successful AHCC developments that now dot all quadrants of the city.

"We're so excited to finally be able to offer homes in this amazing heritage neighbourhood," said AHCC President and CEO John Harrop. "There are a host of hard benefits that make Bowness such a rare find in the city's housing market. Great schools and sporting amenities are within walking distance, and in minutes you can either be parking downtown or escaping to the mountains."

"Thanks to Partners Development Group, Hindle Architects and the input we received from the community, we have a unique design that reflects elements of the Sunnyside Greenhouses across the road," said Harrop, "It has a beautiful streetscape and incorporates a park that will help people in the neighbourhood get to know each other."

"Importantly, this is the only opportunity we are aware of in the area where people can



buy a brand new townhouse at an attainable price point," said Harrop.

The new Arrive at Bowness townhomes feature two and three-bedroom units starting at just \$319,900 including GST. Applicants must earn no more than \$90,000 if they have dependent children living in the home, and no more than \$80,000 without children. Qualifying people can buy one of these Built Green® beauties with only a \$2,000 down payment and monthly mortgage payments around \$1500. That's less than many Calgarians spend on rent each month.

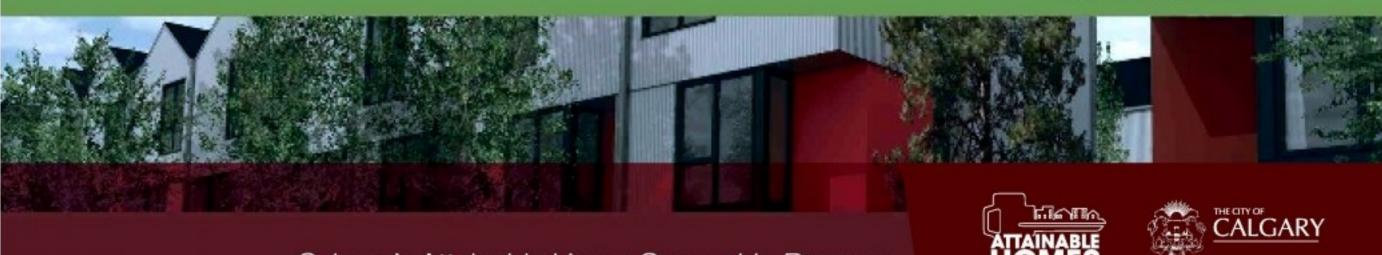
"The townhomes we sell are always our most popular choices," confides Harrop, "But the Arrive at Bowness townhomes are especially nice. Nine foot ceilings, E-Star stainless appliances, large bright Low-E windows...the list goes on."

Harrop advises that these townhomes are sold on a first come, first served basis, and are not likely to be on the market long. Prospective home buyers are encouraged to visit AttainYourHome.com to learn more and complete the three-step Attainable Home Ownership Program.

Only \$2,000 down for contemporary townhomes in vibrant Bowness!

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Calgary's Attainable Home Ownership Program





Explore your ownership options today. Call 403.265.9935 or visit Attain Your Home.com (1)



Moving this summer? Use these energy-smart tips

The warmer weather has arrived, and with it comes moving season. If you're moving this summer, there are tons of things you'll need to keep track of. While it may not be as a glamourous as planning the new paint colour or décor, Enbridge Gas recommends keeping these things in mind when evaluating any potential new home. They can save you time and money in the long run.

Estimate your average monthly bills: Ask the seller for past utility bills or monthly costs so you can properly budget.

Consider the appliances: What stays and what will be replaced? Energy-efficient equipment is an investment in the value of your home, and the cost may be reduced through energy rebates — search online for details and current offers. Also ask about current rental equipment and the terms of existing agreements.

Find out if an energy audit has been done: This will provide useful information on the home's energy efficiency. It may also provide a list of things to help keep energy costs as low as possible. If an audit has not been done in a while, schedule one in advance to help you make an informed decision. The details on incentives for qualifying home buyers and sellers can be found at knowyourenergyscore.ca.

News Canada

Notify your utilities as possible

Once you've found the perfect place, don't forget to provide advance notice to your utilities. You'll need to open or update your account, and most companies require at least three days' notice of your move. Instead of spending time waiting on hold, see if your utilities, like Enbridge, offer fast and easy online move requests. While on their websites, see check to see if your utility company offers paperless billing to avoid cluttering your new home with paper mail.



STOCK



Redoing your floors? Consider luxury vinyl

Vinyl plank can be very high quality, attractive and incredibly durable — great for people who are looking to redo their floors.

Luxury vinyl plank (LVP) and luxury vinyl tile (LVT) are the next generation of flooring, according to Sandy Sangster, owner of Calgary Flooring Designs, a provider of high-quality flooring options in Calgary.

"When you're renewing your home, or building a new one, you want to make sure you source quality materials," says Sangster. "Luxury vinyl products are one of the fastest growing segments in the flooring industry because they provide quality at an affordable cost."

The benefits of LVP and LVT include durability, less waste, simple installation and affordability.

Select LVT and LVP lines that Calgary Flooring Designs carries contain nanosilver, incorporated into the flooring. This has antimicrobial properties that help it kill bacteria and keep the air in your home clean.

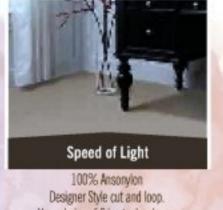
Luxury vinyl comes in many visuals too. Many customers like the tiles with wood and stone visuals, which provide texture and colour that complement any colour scheme.

Cost is an important advantage too. LVT and LVP cost approximately \$2.50/square foot, and up.

However, because LVT and LVP produce fewer leftover pieces when they're used, as opposed to sheet vinyl, they can sometimes end up being the same cost or less costly, even though they provide a higher-end product.

Find out more at the Calgary Flooring Designs showroom at 105G 58 Ave SE, Calgary.





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How can you protect your home from hail?

Hail season is upon us. What do you need to know to protect your most valuable invest-

Since 2005 the frequency of hail storms in Alberta has increased significantly. As the region moves forward into the summer months and warm weather, the frequency of hail storms is increasing.

"Making sure you understand your property insurance policy is a major step toward protecting your home from hail," says David Bellingham, general manager of Bigtop Roofing and Exteriors, based in Calgary.

There are several key points about your insurance that you need to know, says Bellingham.

Find out what you're covered for

What does the policy cover? Auditing your property insurance policy is a good first step, says Bellingham.

Direct damage policies, for example, cover only the materials on your home that are damaged. If you have siding damage, for instance, the Insco may replace the siding only in areas where it's damaged, using materials that may not be an exact match.

"Mismatched materials will become an issue if you decide to sell your home,"



says Bellingham. "They can devalue your property, reducing the selling price of your home in a resale environment."

Is depreciation a part of the policy?

If you have damage to siding or roofing, the insurance company may deduct a percentage of the repair value, typically based on the age of the materials, says Bellingham.

"A full replacement policy offers the best

coverage," he says. "It means you would receive funds to completely replace damaged materials with no depreciation."

With a replacement policy, in instances where matchable materials cannot be found, homeowners receive funds to replace all the related materials.

Ask your broker or insurance company to fully explain your policy and coverage levels. It is always better to over-insure rather than under-insure to save a few dollars.

What do I do if my home is hit by a hail storm?

If your home has been damaged in a hail storm, what's the best way to make a claim?

Before you initiate an insurance claim, you may want to have a qualified, independent third-party company inspect your home for hail damage. This will help prevent any penalties you may incur for an unwarranted claim.

"It is always a good idea to have a qualified third party inspect your property," says David Bellingham, general manager of Bigtop Roofing. "Your insurance provider will also send their adjuster or representative to do an inspection. This way you have two sets of eyes inspecting for damages, which ultimately means a greater likelihood that all damages will be captured and related repair funds allocated."

However, if you're in an environment where the storm is severe, and your home suffered significant damage to its siding, as well as broken windows and holes in skylights, you'll want to notify your insurer or broker immedi-

If you have water penetrating the home via broken windows or skylights, have those areas temporarily repaired to prevent or minimize further damages.

If your insurance company is not able to provide a service company to do an emergency repair within a reasonable timeline, then you may try to contact a qualified company yourself.

This is where it's important to exercise caution, says Bellingham.

"It's not hard to get BBB accreditation or an ad on Home Stars, so neither of these would guarantee top-quality service," says Bellingham.

Make sure your roofing and exteriors company is HAAG Certified, and look for a company that's a part of the Alberta Allied Roofing Association, the Siding Contractors Association of Alberta or other reputable construction associations.

Who should I hire to do repairs?

The majority of people will use the firm their insurance provider recommends as this may seem like the easy thing to do, but that may not always be the best route, says

David Bellingham, general manager of Bigtop Roofing.

"As the owner of the property, you have the right to choose your own service provider for repairs," he says.

"Regardless of whether you decide to utilize the firm your insurance company recommends or hire your own firm, you should always take a few minutes to vet any perspective service provider."

The BBB is an easy first step, but here are

a few other questions to ask any potential companies.

Look for association members

Are they a part of any provincial construction associations like the Alberta Allied Roofing Association?

To learn more

For more information about insurance claims and hail damage visit gothail.ca

Look for experience

Be sure the company that you contract to repair your home has the right credentials and trades experience.

On many homes damaged by hail there are multiple elements that need to be repaired, including siding, roofing and windows. These are all specialized trades that each require in-depth knowledge.

Ensure they protect their workers

Make sure the company you hire protects its workers and sub-trades with WCB Liability Insurance and a safety program. Ask to see their safety program or credentials.



CONTRIBUTED



Big Top Roofing & Exteriors A Full Service Exteriors Company





STEP #1 Inspection

Attention to detail & HAAG Certification is what will guarantee everything on your property that was damaged by hail will be accounted for! Contact us for a FREE property line to property line hail inspection!



STEP #2 Estimating

We make sure to provide detailed and informative estimates to all of our clients. We know an estimate can be confusing and hard to read, which is why our Xactimate Certified estimators always create detailed and organized estimates.



STEP #3 Professional Representation

We are highly experienced claims management specialists, we can work with your insurance company on your behalf, in order to take the stress off of your shoulders! We will obtain a comprehensive settlement for the damages incurred to your property. We have 100% customer satisfaction through this method!



STEP #4 Professional Contracting

Members of the Alberta Allied Roofing Association, The Siding Contractors Association of Alberta and hold an A+ rating with the BBB. We adhere to the highest construction standards and practice. Its all backed with our 10 Year Workmanship Warranty











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Golfer Rory McIlroy opted out of the Rio Olympics because of concerns about the Zika virus, saying it is "a risk I am unwilling to take"

Las Vegas hits jackpot, scores expansion team

Sin City granted 31st team while Quebec City's bid deferred

With searing temperatures closing in on a brow-soaking 45 C outside, NHL commissioner Gary Bettman strode to the podium in the ballroom of a swanky, climate-controlled hotel and casino to deliver the news everyone was expecting.

The league is going all in on Las Vegas.

Bettman said the NHL board of governors unanimously accepted an expansion bid from Sin City on Wednesday, with the new team set to begin play in the 2017-18 season.

"We think this is a tremendously exciting opportunity, not just for Las Vegas, but for the league," Bettman told

Prospective Las Vegas owner Bill Foley will need to pay a \$500-million US expansion fee. The last expansion team -Minnesota in 2000 paid just \$80 million to join the league.

a packed news conference. "This expansion comes at a time when our game is more competitive than ever, ownership is stronger than ever, the player base is more talented than ever and the business, and the future opportunities for the business, are greater than ever."

Joining the word's top hockey league doesn't come cheap — prospective Las Vegas

owner Bill

Gary Bettman GETTY IMAGES

Foley owes a \$500-million US expansion fee to the NHL, which hasn't added a team since 2000.

"Well Las Vegas, we did it. It wasn't

easy, was it?" Foley said with a smile to open his remarks. "Our great sports town now has a major-league franchise — the NHL. It's the best of the leagues, it's a legendary league.

"My obligation is to hold this team in trust for the community. I'm the owner, but I do it on behalf of the community."

The board of governors also decided to defer Quebec City's bid, despite the city having a brand new arena as part of its application to become the NHL's 31st franchise. Bettman said the fluctuation of the Can-



adian dollar and the league's geographical imbalance there are currently 16 teams in the Eastern Conference compared to 14 in the West worked against Quebec City.

"There is no doubt as to the passion for NHL hockey in Quebec City, there is no doubt as to the suitability of the Videotron Centre as a home arena for a

team, and there is no doubt to the ownership credentials ... of Quebecor, which has been an outstanding partner," said

Quebecor CEO Pierre Dion said he was disappointed with the decision, but made it clear the media company will continue working to bring back NHL hockey.

"The expansion process conducted over the last year gave us an excellent opportunity to present our business plan and promote Quebec City as a city that can support an NHL franchise," said Dion. "Bringing the Nordiques back to Quebec City remains a priority for Quebecor."

THE CANADIAN PRESS

Kane rewarded with Hart

Patrick Kane used to settle down in front of the TV with a pen and paper to pick the winners at the NHL Awards.

The Chicago Blackhawks sniper was at the top of the list on Wednesday night.

Kane won the Hart Trophy as the league's most valuable player after also taking home the Ted Lindsay Award, the MVP

nod voted on by fellow NHLers.

"It was fun for me to watch," Kane said of tuning into past award shows. "It was one of the days of the



Patrick Kane **GETTY IMAGES**

year that you marked on your schedule and made sure you didn't miss.

"To be here today in Las Vegas receiving these awards is kind of surreal. I don't know if it's really hit me yet, but I'm sure it will in the future."

Kane beat out Pittsburgh Penguins captain Sidney Crosby and Dallas Stars counterpart Jamie Benn for the Hart, snagging 121 of 150 first-place votes.

The first American to be named MVP, the 27-year-old also won the Art Ross Trophy as the top scorer in the NHL ahead of Benn and Crosby after a league-best 106-point campaign. THE CANADIAN PRESS



Go to metronews.ca for more from Wednesday's **NHL Awards.**



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Cleveland takes Cavaliers'

Hundreds of thousands

downtown Cleveland to

celebrate the Cavaliers'

Fans, celebrating the

end of the city's 52-year

championship drought,

also stood on rooftops,

out of office building

portable toilets and hung

windows hoping to get a

glimpse of LeBron James,

of fans overwhelmed

NBA championship.

championship to the streets

A song of Ice and Ireland



Iceland, Ireland etch names in tournament lore

Ireland advanced to the knockout stages of the European Championship for the first time after it beat a reshuffled Italian side 1-0 on Wednesday.

An 85th minute late goal from Robbie Brady was enough for the spirited Ireland side to secure a place in the round of 16 as one of the best third-place teams. Its reward — a match against France in Lyon on Sunday.

"It was very special. I am thrilled, it was a great win," Ireland coach Martin O'Neill said. "We deserved to win. We played some phenomenal stuff. There wasn't a player in the Irish shirt that didn't play heroically."

Italy was already assured of top spot in Group E after two straight group wins.

Brady's goal was just reward for an inspired performance by the Ireland team,



We are not going to give up here. We've managed to beat some of the best teams in the world.

Robbie Brady

Date: Sunday, June 26th, 2016

Time: 5:30 p.m.



SATURDAY

Switzerland vs. Poland Wales vs. Northern Ireland Croatia vs. Portugal

SUNDAY

France vs. Rep. of Ireland Germany vs. Slovakia Hungary vs. Belgium

MONDAY

Italy vs. Spain England vs. Iceland

which needed to win to get through.

His goal, which stemmed from a cross by second-half substitute Wes Hoolahan. came just moments after Hoolahan himself had missed a golden chance to put Ireland ahead.

Iceland, the smallest nation at the Euros, delivered the feel-good story of the tournament by beating Austria 2-1 to qualify for the round of 16.

The victory, secured by a goal deep into stoppage time by Arnor Ingvi Traustason, earned Iceland's players the game they'd dreamed of: A last-16 match against England.

"I have always supported England in the big international tournaments, when we haven't been playing," Iceland defender Kari Arnason said. "It's a dream come true."

The tiny island nation of barely 330,000 people was ex-



pected to struggle in France. Instead, Iceland finished second in Group F on five points, unbeaten and above Cristiano Ronaldo's Portugal.

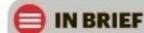
Ronaldo's two strikes against Hungary helped Por-

tugal earn a 3-3 draw with Hungary, sending both teams through.

> spelled the end of Sweden's run in France.

THE ASSOCIATED PRESS

And a 1-0 loss to Belgium



Manziel reportedly unhurt in hit-and-run crash

Johnny Manziel reported a hit-and-run accident to Dallas police earlier this week, and a representative of the troubled quarterback says he wasn't seriously injured. THE ASSOCIATED PRESS

Bryant faces lawsuit for allegedly trashed house

Dez Bryant faces a lawsuit from his former landlord over allegations of more than \$60,000 in damages to a house that the Dallas Cowboys receiver leased.

In Lille

1 In Lyon

In Nice

Robbie Brady etched

his place in Irish lore.

Arnor Ingvi Traustason's

goal gave Iceland a most

unlikely win over Austria.

Cristiano Ronaldo scored two

in a 3-3 draw with Hungary.

Zlatan Ibrahimovic played

in Sweden's a 1-0 loss to

Belgium, GETTY IMAGES

his final international match

2 In Saint-Denis

The civil suit was filed last week by Texas state Sen. Royce West, an attorney who defended Bryant in a domestic violence case involving the 2014 All-Pro's mother. West seeks damages of between \$100,000 and \$200,000. THE ASSOCIATED PRESS

Kyrie Irving and their teammates. THE ASSOCIATED PRESS

Knicks deal for D-Rose

The New York Knicks acquired Derrick Rose from the Chicago Bulls on Wednesday in a trade for centre Robin Lopez and guards Jose Calderon and Jerian Grant.

THE ASSOCIATED PRESS

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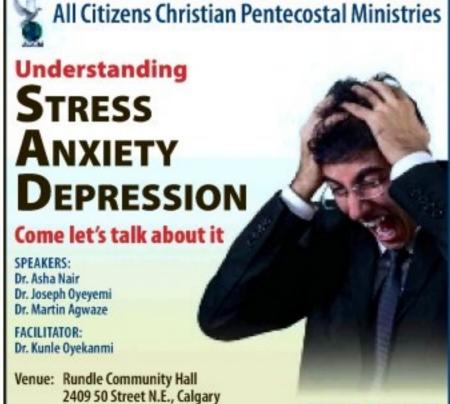




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RECIPE Grilled Shrimp Salad



Ceri Marsh & Laura Keogh For Metro Canada

The black beans and corn make this a hearty and satisfying meal.

Ready in

Prep time: 1 hour Cook time: 30 minutes

Ingredients

- 1 Tbsp vegetable oil
- 1 Tbsp lime juice
- 1 tsp soy sauce
- 1 tsp sesame oil
- 2 cloves of garlic minced
- couple of grinds of black pepper
- 1 pound large shrimp,
- 4 or 5 wooden skewers
- · 2 or 3 cobs of com
- 1 x 19 ounce can black beans
- 1 red pepper, diced
- 1/2 cup chopped cilantro
- 1 avocado, diced
- 4 Tbsp vegetable oil
- · 3 Tbsp lime juice
- 1/2 tsp salt
- 1/2 tsp cumin 1/4 tsp pepper
- 1 head Boston lettuce, washed, spun and chopped

Directions

- Mix together vegetable oil, lime juice, soy sauce, sesame oil, garlic and pepper in a bowl. Add shrimp, cover, and place in the fridge for about an hour. Soak your wooden skewers.
- 2. Oil your grill and turn on high. Place corn on top and cook for 15 to 20 minutes, turning every 5 minutes. Remove and allow to cool before slicing off the kernels. Mix corn, beans, chopped peppers and coriander in a bowl. Fold in avocado. Whisk together oil, lime juice, salt, cumin and pepper. Dress the bean mixture.
- Take shrimp out of fridge and put about three on each skewer. Barbecue for about six minutes. Allow them to cool slightly before sliding them off the skewers.
- On a serving plate, arrange the chopped lettuce and pile the beans and grilled shrimp on top.

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CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS

1. "Star Trek: Deep Space Nine" char-"Sunglasses at Night" singer ...his initials-sharers Fort __, Ontario 15. Derisive shout! Make certain 17. Ms. Olin 18. Sweat spot 19. "Bird Song" by Canadian band The Jennys 20. 'The Great' river in Quebec: 2 mots 22. Bands like Arcade Fire 23. Diane's portrayer on "Cheers" ...her initials-sharers 24, 2009 Adam Sandler movie about an unwell comedian, co-starring Vancouver-born actor Seth Rogen: 2 wds. 26. _ Angeles 27. Leaver 28. Google alternative 31. Gov. agents 32. Hat-tipper's polite address 36. Politically pick 37. White House nickname 38. Vocalize 39. Fish __ 40. Folk singer/actor Mr. Ives

41. Rankin __

42. Pre-midnight

43. Genetic info

time, ___'clock

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Townships' village in Quebec: 2 wds. 49. Nature's swimming pool, in French 52. Off the boat/ On the beach 53. Catholic prayer: 2 wds. 55. Comic actress 44. Jewel of the Eastern Ms. Leachman

56. Manchester's I'l country 57. Guitarist Mr. Clapton 58. Delete private information 59. Operated 60. President's desk locale, _ Office Obliterates

62. Charlotte, to Emily or Anne, for short 63. Lessen

DOWN

1. Where wishes are made 2. Cosmetics company, L'_

Tree growth

indicators

Foreboding

stellation

5. The Swan con-

6. Austrian composer, Joseph_ (b.1732 - d.1809)

7. Yosh and Stan on "SCTV": 2 wds. 8. Towel dries the still-wet dish 9. More asinine Rita Coolidge/Kris Kristofferson duet: "Blue___ 11. Dutch flower 12. The Tempest spirit 13. Perception 21. In progress 25. Sing in The Alps 26. Key's pal 28. Hitherto 29. Neighbour of Tenn. 30. Egg-warming bird 31. Region's animal life 32. Homer Simpson's mother 33. Garlic: French 34. Whiz 35. NYC opera house 38. Retro record 40. Commands 42. Three†times 43. Condescends 44. Mother-of-pearl 45. Saskatchewan town near Saskatoon 46. Valerie Harper title sitcom role 47. Words in a 1970 war picture's title! 48. Hawaiian island 49. Caterpillar, for example 50. 'Parliament' suffix 51. Pedal 54. _ Mix (Cat food brand)

*** IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20 Someone older might have excellent advice for you today. Probably, this person is a female. At the very least, listen to what she has to say.

Taurus April 21 - May 21 You will impress people in authority (bosses, parents, teachers and VIPs) with your serious, conscientious, responsible attitude today. They know they can depend on you.

Gemini May 22 - June 21 This is an excellent day to make long-range travel plans. It's also a good day to discuss opportunities in publishing, the media, medicine, the law and higher education.

Cancer June 22 - July 23 Roll up your sleeves and clean away loose details about inheritances, shared property, taxes and debt. This is also a good day to do banking details and pay bills.

Leo July 24 - Aug. 23 You have to compromise with others today, because the Moon is in a sign that is opposite your sign. It works that way. This simply requires a little patience. No biggie.

Virgo Aug. 24 - Sept. 23 You will be productive at work today because you have the attitude and energy necessary to do routine stuff. Get as much done as possible while you are in this mood.

Libra Sept. 24 - Oct. 23 You might develop a crush on someone older today, or vice versa. In addition, you will take your responsibilities regarding children very seriously.

III Scorpio Oct. 24 - Nov. 22 Family discussions will be practical and serious today. In fact, an older family member might have important input. This is a good day to plan how to better secure your home.

✗ Sagittarius Nov. 23 - Dec. 21 It pleases you today to do things that help your life to be more orderly. You are in a practical frame of mind, and you want to see things around you work smoothly.

Capricorn Dec. 22 - Jan. 20 If shopping today, you will buy only items that are practical and long-lasting. No feather boas for you! You want to save money.

Aquarius Jan. 21 - Feb. 19 Because the Moon is in your sign today, you might feel more emotional than usual. However, you also might be luckier than usual! Ask the universe for a favor to see what happens.

H Pisces

Feb. 20 - March 20 Working alone or doing behindthe-scenes research appeals to you today. You won't overlook details because you have the right frame of mind to do this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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